Lotto MAX
FRIDAY'S JACKPOT
$50 MILLION
estimated
+38 MAXMILLIONS
estimated

MORE OF HER TO LOVE
FOOD FUELS JULIA'S JOURNEY {page 13}

TENNIS
ROGERS CUP TAKES OVER T.O.
SPORTS {page 34}

TORONTO metro®
Tuesday, August 10, 2010
www.metronews.ca

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Unrelenting disaster in Asia

More rain expected in China in the coming days ◐ About 45,000 people evacuated

DANIEL BEREHULAK/GETTY IMAGES

▶ A Pakistan Army soldier tosses food relief to flood victims during air rescue and relief operations yesterday in Punjab, Pakistan. The country's worst flooding since 1929 has killed 1,500 people and displaced hundreds of thousands.

Rescuers lifted muddy bodies into trucks, and aid convoys choked the road into the remote Chinese town of Zhouqu where hundreds died and more than 1,100 were missing yesterday from landslides caused by heavy rain that has flooded swaths of Asia and spread misery to millions.

Meanwhile, in Pakistan, the United Nations said the government's estimate of 13.8 million people affected by the country's worst-ever floods exceeded the combined total of three recent megadisasters — the 2004 Indian Ocean tsunami, the 2005 Kashmir earthquake and the 2010 Haiti earthquake.

THE ASSOCIATED PRESS

Get ahead with the Learning Curve

Local team works to fight salmonella ◐ Ryerson grad navigates Paris ◐ Diving into frosh week, and more {pages 30-33}

War-crimes trial

Khadr didn't confess under torture: Judge

Trial of Toronto native held at Guantanamo Bay will proceed {page 4}

She says...

Girls gone bridal? It's getting tired

Jessica Napier on the pratfalls of the classic bachelorette party {page 10}

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Railway strike averted for now

A strike that could have caused disruptions for travellers headed into Toronto's busy Union Station has been narrowly averted after a tentative agreement was reached with the union representing railway workers last night.

Toronto Terminals Railway, a company that provides construction, operations and maintenance services, had set a strike deadline of 12:01 a.m. last night.

But Canadian Auto Workers national representative Bob Fitzgerald says negotiators were able to come up with a deal he feels "comfortable" presenting to his membership.

Fitzgerald says he expects the members to vote on the agreement either this weekend or early next week.

He says it will be "business as usual" for railway workers today, though he won't rule out a future strike if the deal is rejected.

Earlier in the day Fitzgerald had said the immediate impact of a strike would affect construction in and around Union Station, but he also said it could create problems for travellers.

THE CANADIAN PRESS

For the latest updates, vist www.metronews.ca

TARA WALTON/TORSTAR NEWS SERVICES

▶ Travellers could be in for some headaches if railway workers strike today.

Nobody posts bail for alleged fraudster

Burlington woman who faked having cancer remains in custody

A Burlington woman who police say pretended to have cancer to raise money for herself, appeared briefly in a Milton court yesterday morning.

Ashley Anne Kirilow is facing three counts of fraud under $5,000.

Her father said he has no plans to post bail for his estranged daughter and no family members were present at her bail hearing.

Because no one showed up to act as her surety, Kirilow's bail hearing was put over until tomorrow morning to give her more time to secure bail money.

Kirilow, 23, who has admitted to faking cancer, appeared briefly in court, trembling slightly.

Jackie Musial, 21, and Meredith Dejonge, 25, attend Kirilow's bail hearing.

Both say they were friends with Kirilow and were stunned to learn they had been lied to.

Musial said she wasn't surprised no one was willing to post bail for Kirilow.

She has betrayed too many people, Musial said.

TORSTAR NEWS SERVICES

Outrageous lies

Ashley Kirilow went to disturbing lengths in her bid to make people believe she had cancer.

- **Appearance** She shaved her head and her eyebrows and plucked her eyelashes to appear to have the illness.
- **Fundraisers** Police allege Kirilow organized fundraisers with the help of others who believed her to be terminally ill.
- **Tattoos** Kirilow had the words "won't quit" permanently tattooed onto her knuckles in tribute to her alleged cancer.

FACEBOOK.COM

▶ In this photo from a Facebook page for Kirilow's supposed charity, Change for a Cure, Kirilow shows off tattoos "won't quit" on her knuckles in dedication to what police say was her fake cancer fight.

Report on ER closures

Ontario's ombudsman will issue a special report today on a decision to close hospital emergency rooms, but the Opposition is already vowing to scrap the regional health agencies set up by the government to make such decisions.

Ombudsman Andre Marin began his investigation last year after complaints the Hamilton-Niagara-Haldimand-Brant Local Health Integration Network (LHIN) did not adequately consult residents before approving the plan to shut the emergency rooms in Fort Erie and Port Colborne.

Critics believe one emergency room closure may have played a part in the Boxing Day death of a teenager. THE CANADIAN PRESS

▶ Ashley Greco

News in brief

Greco one of top 10 finalists

TORONTO. Ashley Greco from Z103.5 is among the top 10 finalists in Live! With Regis and Kelly's Women of Radio Co-Host for a Day Search. To vote, visit metronews.ca/local. Voting continues until tomorrow at 9 p.m. The winners will be announced on Thursday during Live! With Regis and Kelly at 9 a.m.

METRO NEWS SERVICES

Construction worker killed

VAUGHAN. A construction worker died after a steel beam fell on him yesterday north of Toronto in the Applewood and Highway 400 area.

THE CANADIAN PRESS

1 news

News on the move

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3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

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Can we make money in a jobless economy? Allan Small answers at metronews.ca/investing

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Khadr confessions allowed, trial to start

Rulings come after Canadian man's lawyer formally entered not-guilty pleas on all charges
Jury selection to begin today

The judge presiding over Omar Khadr's war-crimes case cleared the way for the U.S. military trial to proceed by ruling yesterday that confessions the Canadian made can be used as evidence against him. In making the ruling, Col. Patrick Parrish rejected defence arguments that Khadr's statements were the product of torture.

"The motion to suppress the accused's statements is denied," Parrish said.

The judge also decided a video showing a teenage Khadr making explosive devices in Afghanistan could be entered as evidence. The decisions end months of bitter wrangling between defence and prosecution over the confessions and set the stage for the first war-crimes trial under U.S. President Barack Obama.

THE CANADIAN PRESS

5 charges

Omar Khadr faces five war-crimes charges, including allegedly killing a U.S. special-forces soldier by throwing a hand grenade in Afghanistan in July 2002 when he was 15 years old.

- Yesterday, Khadr's Pentagon-appointed lawyer, Lt. Col. Jon Jackson, said the threat of rape and death by a one-time interrogator should render his client's confessions as coerced and unreliable.
- During the proceedings, Khadr sat beside his Canadian lawyer, Dennis Edney, reading a soccer magazine.

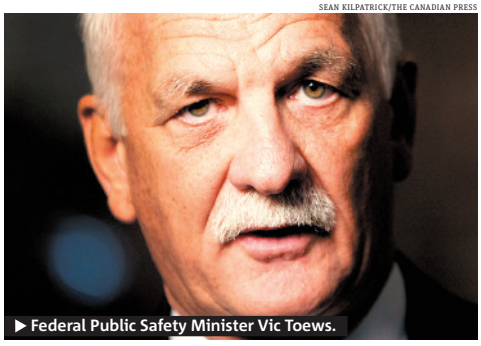
8 Number of years Omar Khadr has been held in U.S. custody, mostly at Guantanamo Bay in Cuba.

JANET HAMLIN/POOL/THE CANADIAN PRESS

▶ In this sketch by courtroom artist Janet Hamlin, Canadian defendant Omar Khadr attends his hearing for the U.S. military war crimes commission at the Guantanamo Bay Naval Base in Cuba yesterday.

Canada concerned over migrant ship: Toews

SEAN KILPATRICK/THE CANADIAN PRESS



▶ Federal Public Safety Minister Vic Toews.

Ottawa is concerned about who is on a Canada-bound ship that may be carrying Tamil Tigers, Public Safety Minister Vic Toews said yesterday.

The government is monitoring a Thai cargo ship that is reported to be carrying about 200 Sri Lankans, including members of the Tamil Tigers, to Canada's west coast, Toews said.

He said the Liberation Tigers of Tamil Elam — a banned terrorist organization in Canada — are behind operations that smuggle people into Canada, but would not comment on specifics of what the government is doing about the situation.

"I can assure you that we are concerned about who is on that ship and why they might be coming to Canada," he said after a luncheon speech.

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A Sri Lankan newspaper reported last month that the MV Sun Sea was heading to British Columbia with 200 migrants on board, including members of the Tamil Tigers, the military arm of the Tamil separatist movement.

While the government is committed to protecting genuine refugees, Toews said it will thwart those who try to abuse Canada's immigration policies.

THE CANADIAN PRESS

Cyclist dies after collision with SUV

A 57-year-old Oshawa man has died of injuries he suffered after being struck by an SUV while on his bicycle last week.

Police say at around 10 a.m. on Aug. 5, emergency crews responded to a collision involving a cyclist and motorist at John Street West and Park Road North.

The cyclist was entering the intersection on a red light when he was struck by a westbound SUV. The cyclist was taken to hospital but he died there Friday. His name is being withheld at the request of the family.

THE CANADIAN PRESS

Casa Loma may change hands

The keys to Casa Loma could change hands if the city remains unhappy with the Kiwanis Club, a city spokesperson has suggested.

"If the city is not satisfied with the Kiwanis Club's response (to existing directives), the city could look at taking steps to terminate the management agreement," said acting communications manager Patricia Trott.

The Kiwanis Club of Casa Loma was given until July 31 to recommend a new chair after Mayor David Miller accused Richard Wozenilek, head for the past 19 years, of funneling $200,000 of Casa Loma legal work to himself. TORSTAR NEWS SERVICE

A book machine at Union Station?

You can get food and drinks through vending machines — but library books?

The Toronto Public Library is looking at installing an automated library kiosk at Union Station. Library official Anne Bailey says the kiosks look like vending machines that can hold books, paperbacks, hard covers, CDs and DVDs that can be borrowed with a swipe of a library card.

Simple library kiosks are already in place in Ottawa, where city Coun. Maria McRae believes they are boosting literacy.

THE CANADIAN PRESS

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Cities call for stimulus extension

Billions in infrastructure funds could go unspent by 2011 deadline

Canadian cities are calling on Ottawa to extend its stimulus deadline in response to a report showing up to half-a-billion dollars of infrastructure funds could go unspent, or dropped on the laps of municipalities.

The Parliamentary Budget Officer, Kevin Page, says many projects in the government's heavily-hyped $4-billion Infrastructure Stimulus Fund were slow getting off the mark and many are dragging on longer than expected.

When Ottawa cuts off its funding on March 31, 2011, the worst-case scenario is that $500.5-million in federal money will not have been claimed because of the delays, the report says.

Page said delays are typical with infrastructure programs.

THE CANADIAN PRESS

The effects

What this means for Canadian municipalities:

- **Saskatchewan** The situation is particularly acute here, where heavy rains this spring and summer stalled work.
- **Backup plan** Some municipalities are adding clauses in their contracts that force contractors to absorb the extra costs; or cutting corners to finish on time.

Scotland. Bagpipers

▶ Aussie bagpipers perform at a festival in Glasgow.

JEFF J. MITCHELL/GETTY IMAGES

For the love of piping

Members of the Pipe Band Club from Australia perform at the Glasgow International Piping Festival yesterday in Glasgow, Scotland. Some of the world's top international pipers are set to perform at this year's week-long festival.

Pickton planned 'one more': Tape

Robert Pickton played a cat-and-mouse game with police interrogators, telling them that he had "one more planned," and suggesting he might be willing to tell them more.

The video of his 11-hour interrogation by police was made public yesterday and in it, he comes tantalizingly close to a full confession.

"I had one more planned, but that was, that was the end of it. That was the last I was gonna shut it down, that's why I was just sloppy. Just the last one," Pickton told Staff Sgt. Don Adam.

Pickton never elaborated on what the "other thing" was. THE CANADIAN PRESS

Scan this barcode for more information on Robert Pickton's interrogation.

Prison farm protests lead to arrests

6 prison farms across the country, including Ontario, will be closed after the Conservatives deemed them no longer useful.

About a dozen people were arrested yesterday morning during a protest aimed at preventing the closure of a prison farm at the Frontenac Institution.

Police said yesterday's protest included about 100 demonstrators.

Federal plans call for about 8,000 chickens and 300 cows to be auctioned off from the Frontenac farm — one of six planned closures of prison farms across Canada, deemed not useful by the Conservatives. THE CANADIAN PRESS

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Union Station
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

News in brief

Gold mine holdout evicted

QUEBEC. A man whose house was the only thing left standing in the way of a gold-mining project has been evicted.

Police removed Ken Masse from his western Quebec home yesterday after a mining company obtained an expropriation order.

THE CANDIAN PRESS

Dupuis to leave politics

QUEBEC. The Quebec Liberals are losing a top cabinet minister.

Public Security Minister Jacques Dupuis, the government House leader and trusted ally of Premier Jean Charest, is quitting politics.

THE CANADIAN PRESS

North Korea fires artillery

ASIA. North Korea fired 110 rounds of artillery yesterday near its disputed sea border with South Korea, amid high tension over the deadly sinking of a South Korean warship blamed on the North.

All the artillery shells harmlessly landed into the North's waters and caused no damage, a South Korean officer said on condition of anonymity. THE ASSOCIATED PRESS

Thefts leave police stumped

CRIME. Provincial police in Grey County, Ont., are baffled by a series of unusual thefts from construction sites of items police say are of little value to the average person, including a seismograph and a cable locator box.

THE CANADIAN PRESS

'Bonnie and Clyde' remain on the lam

One fugitive caught, two still on the run ◆ Federal agents ramp up their manhunt after double homicide

Federal agents yesterday captured Tracy Province, one of two inmates who escaped from an Arizona prison on July 30, as he walked — armed with a handgun and a hitchhiking sign — in Wyoming, about 100 km from Yellowstone National Park.

But they were still hunting for the other fugitive, John McCluskey, and his suspected accomplice, his fiancée and cousin Casslyn Welch.

"They consider themselves Bonnie and Clyde," Gonzales said. "This is very serious business."

Efforts to find the trio intensified after they were linked to a double homicide in New Mexico.

Province and McCluskey escaped from a private, medium-security Arizona state prison after authorities say Welch, 44, threw wire cutters over the perimeter fence.

The three later kidnapped two truck drivers at gunpoint and used the big rig to get away.

Gonzales said agents were working on leads in Wyoming. He said they believed that McCluskey and Welch were no longer in Yellowstone, where more than 100 armed park rangers were patrolling amid an estimated 30,000 campers and tourists.

THE ASSOCIATED PRESS

HO/THE ASSOCIATED PRESS

Tracy Province

Their rap sheets

- Province was serving a life sentence for murder and robbery. McCluskey was serving a 15-year term for attempted second-degree murder and assault.

Briton 1st to walk length of Amazon River

BRAZIL. Man ended journey yesterday after 859 days, thousands of miles. THE ASSOCIATED PRESS

Scan this barcode for information on Ed Stafford's two-year journey through the Amazon.

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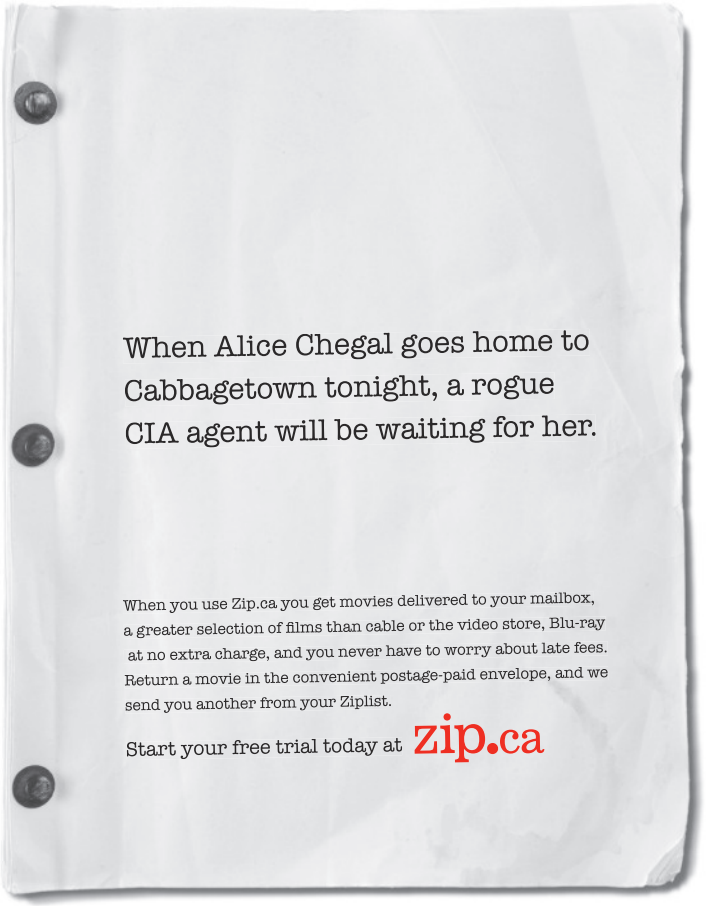

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MARKET DATA AS OF 4 P.M. YESTERDAY

RIM may have Saudi deal

THE ASSOCIATED PRESS

▶ A BlackBerry customer is served in Riyadh, Saudi Arabia.

- Data would still be encrypted
- Could install local Saudi server

Research In Motion isn't expected to compromise security for its business users despite an apparent agreement with authorities in Saudi Arabia to monitor BlackBerry services like instant messaging.

So far, the Canadian tech giant hasn't commented on its negotiations with Saudi Arabia, one of several Middle Eastern countries to complain about a lack of local access and control of BlackBerry data, including email.

The Associated Press reported yesterday that RIM had reached a preliminary agreement with Saudi regulators that would allow the government some access to users' data.

Technology analyst Nick Agostino said yesterday that RIM may allow encrypted information to flow through wireless carriers in Saudi Arabia before it gets to the company's overseas servers.

THE CANADIAN PRESS

Honda recalls 44,000

Honda Canada is recalling 44,000 vehicles to fix a reported malfunction of their ignition interlock.

Honda says in certain cases it may be possible to pull the key from the ignition when the shift lever is not in park.

The automaker says that could lead to a vehicle rolling away if the parking brake is not on.

Honda says it does not know of any accidents or injuries in Canada due to the potential problem.

THE CANADIAN PRESS

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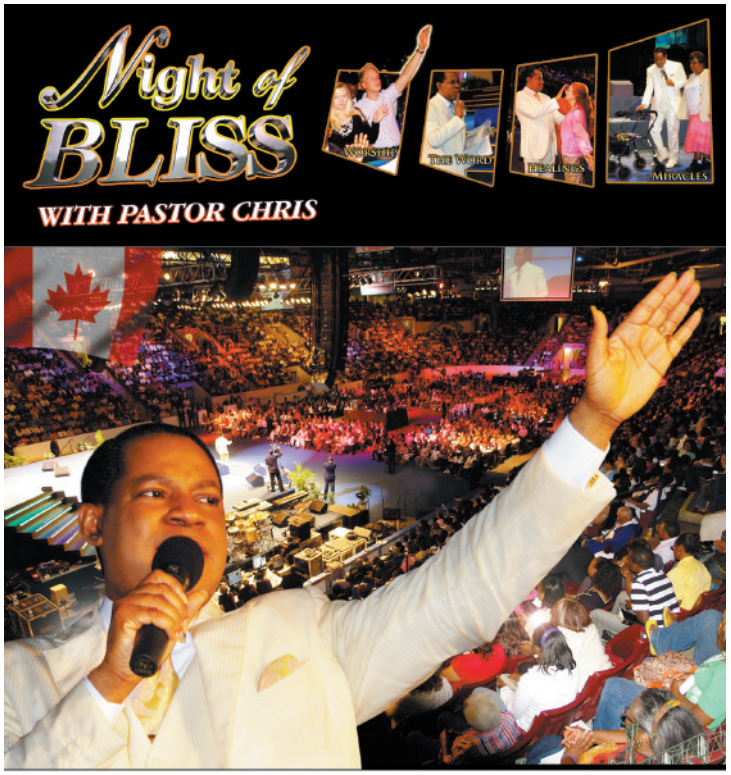

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HP contractor identified

Woman at the centre of sexual harassment claim said the two never had a sexual relationship HP determined Mark Hurd broke rules of conduct

PAUL SAKUMA/THE ASSOCIATED PRESS

Mark Hurd

The woman at the centre of the sexual harassment claim that forced the resignation of Hewlett-Packard Co. CEO Mark Hurd revealed her identity Sunday and said she is "surprised and saddened" that Hurd lost his job.

Jodie Fisher, 50, an actress and businesswoman, knew Hurd through her contract jobs with HP's marketing department from 2007 to 2009.

Fisher echoed Hurd's statement that the two never had a sexual relationship, but neither she nor her lawyer, celebrity attorney Gloria Allred, would discuss details of the harassment claim.

Hurd settled with Fisher on Thursday, a day before he resigned.

A person close to the case said there was no payment involved.

THE ASSOCIATED PRESS

The investigation

- HP's board of directors found that Hurd listed other people as his dinner partners on expense reports when he'd been out with Fisher.
- HP also claimed Hurd arranged for her to be paid for work she didn't do.

Embattled T.O. pet food maker sold

Pet food maker Menu Foods Income Fund, the Toronto-based company, has reached an agreement to be purchased by Arkansas-based Simmons Pet Food Inc.

Food Inc. said yesterday it will pay $239 million for the company following a strategic review by Menu that resulted in putting itself up for sale.

The acquisition ends another chapter in the manufacturer's troubled history, which recently has focused on recovering from a tainted food scandal.

60 million cans and pouches of cat and dog food were recalled by Menu in 2007 after it was discovered that some products imported from China contained melamine, a chemical used in plastics, countertops, glue and fertilizers.

The company survived, but the recall cost it tens of millions of dollars, produced big losses, led to cancelled contracts and battered its stock price.

The manufacturer said investors and other owners of about 45 per cent of Menu Foods stock have agreed to sell their shares to Simmons.

THE CANADIAN PRESS

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GIRLS GONE BRIDAL: IT'S GETTING TIRED

She says ...

JESSICA NAPIER

If you are a female in your mid to late 20s and are a relatively social creature, you have undoubtedly been invited to a bachelorette party this year.

During this unavoidable rite-of-passage, a group of smart and interesting ladies will douse themselves in body glitter, throw on pink plumed feather boas and transform into a screeching gaggle of drunkards.

A couple of weeks ago, I was invited to such an evening to celebrate the nuptials of a friend of a friend. I reluctantly agreed.

In my experience, almost every bachelorette party (including the one I attended that night) goes a little something like this: Gather a group of 15 of your closest (willing) girlfriends, pile into a stretch Hummer limousine and cruise through the downtown while screaming "woohoo" out of the sunroof en route to your nightclub of choice.

The bride-to-be inevitably selects a typically trendy venue for her sayonara to singlehood where her eager friends will endure a long line-up and an outrageous cover charge all in the name of friendship. Once drinks are in hand, the bridal party will sashay to the dance floor where they are immediately surrounded by cologne-soaked predators who encircle their prey, instinctively drawn to the glittering gems on their bedazzled tank tops.

"I'm not sure what I was expecting when we ordered an exotic male dancer from a company that referred to its entertainment as 'klassy.'"

After midnight, the bride passes off her stilettos to an inebriated bridesmaid and climbs barefoot atop a nearby table. She begins to belt out a sloppy rendition of Pour Some Sugar on Me before clumsily falling down and being escorted out of the bar by her entourage for a late-night slice of pizza.

In case you were wondering, bachelorette parties in the suburbs are not that much better.

Last year, I hosted a bachelorette-themed girl's night in honour of a newly married friend. I served the requisite fruity martinis with novelty penis straws, baked phallic-shaped pastries for party guests to nibble on suggestively and even designed customized bachelorette drinking games.

Later on in the evening, I cringed while watching a partially nude 30-something man with a questionable spray-tan gyrate around my parent's living room (sorry Mom — I swear he didn't touch the furniture) while my girlfriends emitted high-pitched screams of laughter. I'm not sure what I was expecting when we ordered an exotic male dancer from a company that referred to its entertainment as "klassy," but after his hour-long sexy-officer-of-the-law routine, I vowed never to host such a party again.

Cartoon

MICHAEL DE ADDER

An exercise in trust

Worth mentioning

In a historic first for Cold War adversaries, U.S., Canadian and Russian military officers directed fighter jets and ground controllers to test how well they could track an international terrorist hijacking over the Pacific Ocean.

A chartered American jet code-named Fencing 1220 sent a mock distress signal shortly after taking off from Anchorage, Alaska, on Sunday, triggering a pursuit by at least seven fighters and a flurry of radio and telephone calls between military and civilian officials on both sides of the Pacific.

Their goal: To ensure that two militaries still distrustful of each other can work effectively tackling a terror threat that worries both nations.

Canadian Forces Col. Todd Balfe acknowledged it may seem "incongruous" that the exercise took place amid tension between his country and Russia over recent Russian bomber flights probing the northern boundaries of Canadian airspace. But with al-Qaida at the front of North American minds and Russia dealing with threats from Chechen rebels, terrorism transcends national boundaries, and exercises like this could lay the foundation for co-operating on other issues as well, Balfe said. THE ASSOCIATED PRESS

Peacemaker

TORSTAR NEWS SERVICE

What's the better pet — dogs or cats?

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Metro Minute at Soundscapes

While it's true that you can download almost any album in its digital incarnation, Soundscapes at 572 College St. exists for the same reason Kindle will never bury the paperback: The joy of holding a physical copy in your hands.

Specializing in hard-to-find and genre-based music, Soundscapes provides indie music lovers with their fix.

The store also acts as a musical conduit where fans can buy concert tickets, promoters can advertise shows, and up-and-coming talent often performs in house. Anyone remember the set played a few years back by a little band called Broken Social Scene? Yeah, that place.

JORDANA DIVON

CONTRIBUTED

▶ Soundscapes, located at 572 College St.

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Food fuels Julia's emotional journey

Actress put on the pounds for Eat Pray Love ◆ Director Ryan Murphy shot movie in chronological order

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Julia Roberts wants to clear up one thing about the making of Eat Pray Love.

Director Ryan Murphy has been telling folks his lead actress put on 10 pounds during production — specifically during the food-heavy Italian leg of their around-the-world trip — but Roberts insists that's an exaggeration.

"Ryan keeps telling people I put on 10 pounds. It was a little less than that," she tells Metro. "But I loved every pound. And everybody says, 'Oh, it's going to drop right off in India,' but I didn't get that memo. That did not happen."

To properly recreate Liz Gilbert's journey of self-discovery from her home in New York to Rome, India and Bali, Murphy and Roberts set out to shoot Eat Pray Love in order, something most movies can't afford to do. "For me, it was a great luxury to shoot it in chronological order," Roberts says. "It was almost a necessity of emotional evolution. And you can't start any movie in Bali and then leave."

The role also proved to be an intense internal journey for Roberts. "This was one of the first situations I'd been in that did call for a lot of emotional availability," she admits.

The actress, now happily married with three young children, found her own family a comfort during the soul-searching shoot. "It was definitely great to have a fulfilled sense of my own life, and to be playing some of these scenes and come home at the end of the day and say, 'OK, good. Everybody's here, we're good.'"

"They did go to great, elaborate pains to make amazing food that I had to eat endlessly in the heat." JULIA ROBERTS

Not surprisingly, though, the conversation keeps coming back to the food. "There was this one plate of pasta that was actually, all other circumstances removed, delicious pasta — super-simple spaghetti with a little tomato sauce. It was delicious."

But the culinary memory that stands out the most for Roberts didn't happen in Rome. "We went to Naples to where she had eaten that pizza and got there at eight in the morning, sat down to shoot and proceeded to start my day with eight entire slices of pizza in 45 minutes," Roberts says. "So the deliciousness of something wears a tiny bit after piece seven — just because you're speed-eating. But that scene in particular I sort of relished just wolfing it down. And I would eat an entire slice in a take. I don't know why I thought that was a great idea."

SUBMITTED PHOTO

▶ Javier Bardem and Julia Roberts star in Eat Pray Love, opening in theatres Friday.

GETTY IMAGES

▶ Eat Pray Love author Liz Gilbert.

Real Gilbert like a 'warm hug'

In Eat Pray Love, Julia Roberts takes on the role of the book's real-life author, Liz Gilbert.

And while having the person you're portraying alive and available is a heck of a luxury for an actress, Roberts was keen on putting her own stamp on the character before meeting the genuine article.

"I was worried about actually falling too in love with her, that I would try to be her as opposed to just interpret her as an actor," Roberts says. "That's why I didn't want to meet her until we had done so much I couldn't change it."

Instead, Roberts turned to director and co-writer Ryan Murphy for cues on characterization. "The first step that I took was putting my complete and total trust in Ryan, which was one of the smarter things I've ever done in four years," Roberts says. "I knew that his paper interpretation of her that he gave me as my reference was all that I would need."

And it turns out Roberts' fears of falling too in love with Gilbert were well-founded, as she discovered when Gilbert visited the production while it was shooting in Rome. "She was a delight," the actress gushes. "She's like a warm hug the second you lay eyes on her."

NED EHRBAR

2 scene

News in brief

1

2

1 Justin Bieber is the latest high-profile pitchman for the skin-care product Proactiv. Bieber joins the likes of Jessica Simpson, Avril Lavigne and Mandy Moore in promoting the product.

THE CANADIAN PRESS

2 Anna Nicole Smith's bodyguard testified yesterday he discussed a scheme to sell pictures of Smith's newborn baby for $1 million US.

THE ASSOCIATED PRESS

John Lennon's killer seeks parole for sixth time, Yoko says he's still a threat

Lightfoot hits the road

Iconic singer-songwriter announces Ontario tour dates

Iconic folk singer-songwriter Gordon Lightfoot has announced two weeks of shows in Ontario next year and is planning a more extensive tour.

Lightfoot will perform next May in Windsor, Cornwall, Brockville, Napanee and then play four nights at Toronto's Massey Hall. A spokeswoman for the venue says Lightfoot has done more solo gigs at Massey Hall than any other performer.

Tickets for the tour range from $40 to $90.

Lightfoot will also make a rare television appearance on the Late Show with David Letterman on Oct. 8. Lightfoot has won 15 Junos and five Grammys in his career and has been inducted into the Canadian Music Hall of Fame and Canadian Songwriters Hall of Fame.

THE CANADIAN PRESS

▶ Gordon Lightfoot

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Celebs. TV Shoot

▶ Actress Maggie Q in Toronto yesterday.

JOHN R. KENNEDY/FOR METRO CANADA

Maggie Q shooting new series in Toronto

Actress Maggie Q leaves her trailer on the set of Nikita in Toronto yesterday. The Mission: Impossible III star is in the city until December filming the highly anticipated new series for The CW, which premieres on Sept. 9.

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MUSICIANS AS POLITICIANS

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

Considering how intertwined music and politics have been over the centuries, it's not often you hear of a musician running for office. But it has happened. The latest example is Wyclef Jean, who announced his intention to run for the presidency of Haiti. Unfortunately, singing well does not necessarily help you in the political arena — as Jean is quickly finding out. Here are four other musicians who've chased a higher calling — some successful, others not.

Sonny Bono: Perhaps the most famous musician-turned-politician. Cher's ex-husband decided to run for mayor of Palm Springs, Calif., after dealing with heaps of red tape when trying to open a restaurant in the city. He won in 1988 and served four years. He didn't stop there — he was elected to the U.S. House of Representatives, as a Republican, in 1994.

Peter Garrett: Midnight Oil has likely long since disappeared from your mix tapes, but at least one member of the band hasn't left the limelight. Singer Peter Garrett's first brush with elected office was in 1984, when he ran for Australia's Nuclear Disarmament Party. He lost then, but in 2004 he ran as an Australian Labour Party member and won. He was appointed Minister for the Environment, Heritage and Arts in 2007.

Kinky Friedman: Better known as the lead singer of Kinky Friedman and the Texas Jewboys, this quirky country artist sought Texas' highest office, as an independent, in 2006. His campaign for governor was as hilarious — and as serious — as his music career. Slogans such as "How hard could it be?" and statements like "I'm a Jew. I'll hire good people," got him a lot of attention, but it wasn't enough. He only garnered 12.43 per cent of the vote.

Dave Rowntree: He may not be a household name in North America, but you've heard his music — Rowntree is Blur's drummer and the man responsible for the anthemic beat at the beginning of Song 2. His political career hasn't been as inspiring, though not for a lack of trying. While the British musician has been a Labour Party supporter for years, he can't seem to win an election. He ran for Westminster City Council in 2007 and 2008, and federally this year, losing all three times.

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DVD Releases this week Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Couple chemistry

Date Night
Genre: Comedy
Director: Shaun Levy
Stars: Steve Carell, Tina Fey
●●●½

The chemistry between Steve Carell and Tina Fey is the only remotely believable thing about this action comedy, which defies all laws of logic and physics.

But it's the most important thing.

Watching Carell and Fey as a "boring couple from New Jersey" who turn Manhattan upside down makes you wonder why it's taken so long to bring these two gifted comics together. They click like a flamenco dancer's heels.

They're mistaken for the prey of a New York mobster (Ray Liotta). Nobody is listening to any explanations as they attempt to make their way home to white-picket-fence suburbia.

This is the kind of movie that used to be called "madcap," back in the good ol' days when all you needed for a hit were great leads, strong cameos and non-stop frantic fun.

Date Night kicks it up an extra notch, adding in 21st century paranoia where nobody wants to trust anybody.

Mark Wahlberg satirizes his beefcake image by playing a shirtless playboy who also happens to be an military-trained identity sleuth.

There are also strong comic turns by Kristen Wiig as Claire's nutty friend, Taraji P. Henson as a querulous NYPD cop, William Fichtner as a dubious Manhattan D.A. and James Franco and Mila Kunis as junkies whose love makes no sense at all. Just like the movie.

Extras include gag reel, deleted and extended scenes and commentary by director Shawn Levy.

PETER HOWELL

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Death At A Funeral
Genre: Comedy
Director: Neil LaBute
Stars: Chris Rock
●●●½

The occasionally brilliant Neil LaBute directs this Hollywood redo of a modestly mirthful 2007 Brit farce (alas, the toilet jokes remain). Plot tweaks are minimal, and one key actor returns: Peter Dinklage reprises the role of an unwelcome funeral guest.

There is method to the Pond-hopping madness, which shifts from England to California and from stiff-upper-lip actors to mostly African-American comedians, led by Chris Rock at his most restrained and acerbic. Timing and delivery are paramount in comedy, all the more so when the material is as daft as this.

Rock is Aaron, eldest son of a Pasadena family that has just lost its patriarch. If it's not enough to be mourning his dad, Aaron also has to cope with a incompetent mortician, an ovulating spouse (Regina Hall), an hysterical mother (Loretta Devine) and a showboating younger brother (Martin Lawrence).

Danny Glover gamely takes the role of the incontinent uncle in the wheelchair, a man of foul temper and fouler bathroom habits. Tracy Morgan once again plays the moron. Avatar's Zoë Saldana is the straight woman, niece to the deceased.

On the vanilla side of the comedy ledger, there's James Marsden as a guest who accidentally trips on acid (he's the movie's welcome scene-stealer), a gone-to-seed Luke Wilson as an obnoxious ex-boyfriend and the aforementioned Dinklage, once again nimbly playing the role of the highly unwanted attendee.

LaBute's American take busts out, giving the comics room to improvise and providing some life to the proceedings. It's fun to watch Rock in a role originally given to an uptight Brit, while Glover, normally the serious man in his movies, gets to fly his freak flag for a change. Lawrence hits the sweet spot as an aging playboy whose isn't as cool as he thinks he is.

Extras include a commentary by LaBute and Rock plus deleted scenes.

PETER HOWELL

Canadian actor Punk'd The Joneses

It seems Demi Moore met an even bigger prankster than her Punk'd star husband Ashton Kutcher on the set of The Joneses, out on DVD today.

Canadian actor Ben Hollingsworth, who plays Moore's son in the tale of a fetching family who seemingly has it all, says star David Duchovny was a major joker behind the scenes.

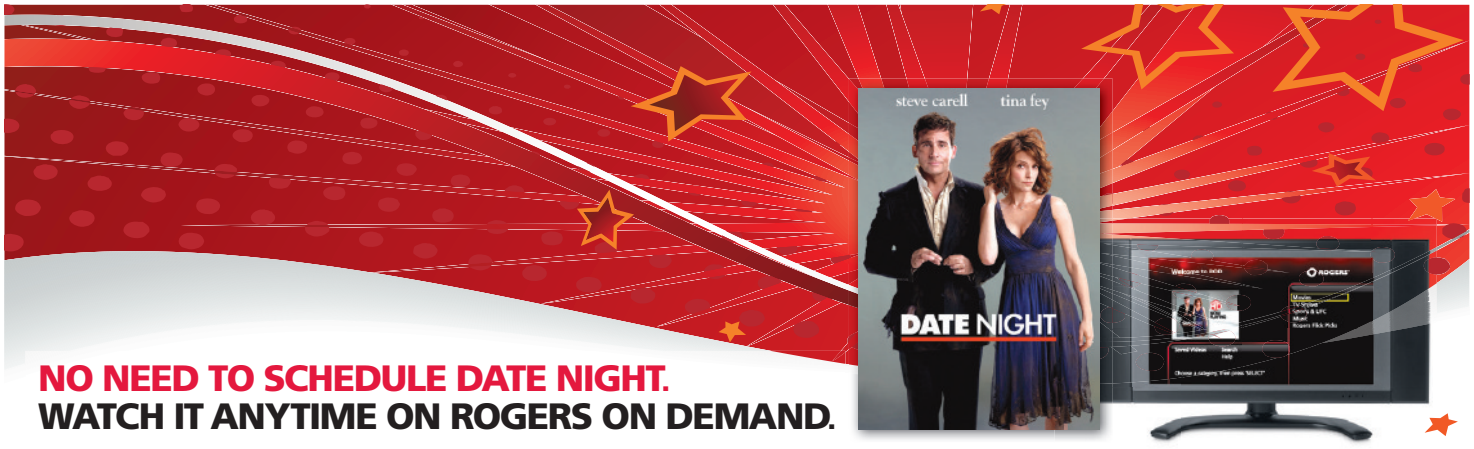
"When you're around him in a scene, you've always got to watch out for things," Hollingsworth, 25, of Brockville, Ont., said in a recent phone interview from Los Angeles.

"Like, he'll bring a little fart machine on set in the middle of a scene and you'll hear farting sounds and be like, 'Great David, are you four years old? Are you five? Like, what are you doing here?'" he added with a laugh.

Hollingsworth eventually turned the tables on the Californication star, who plays the patriarch of a "family" of hired actors that flaunts its hot clothes, gadgets, home and cars as part of a stealth marketing strategy. Amber Heard plays Hollingsworth's sister.

During filming for a bedroom scene involving Duchovny, Hollingsworth secretly subbed in for the female actress who was supposed to sneak up behind him, slip under the sheets and start kissing his back.

THE CANADIAN PRESS



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Supermodel bragged about gem, Mia says

Farrow contradicts Naomi Campbell's assertion that she didn't know diamond was from Liberian president Charles Taylor

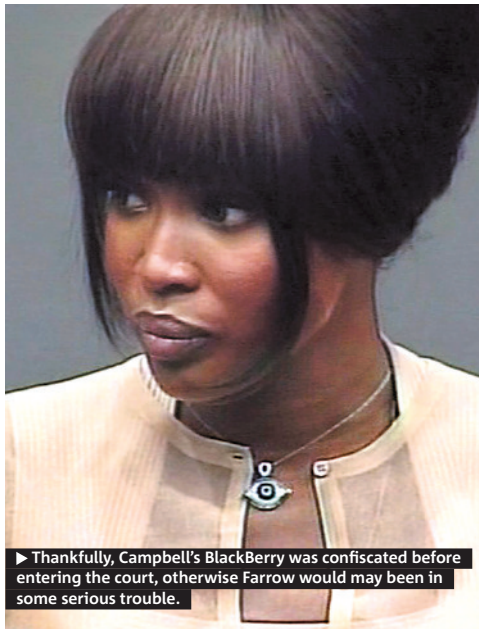
Naomi Campbell told Mia Farrow that she received a "huge diamond" from the former president of Liberia, the actress said from the witness stand yesterday, contradicting the model's testimony that she didn't know the value of the gift from accused war criminal Charles Taylor.

The prosecution called Farrow, and Campbell's former agent Carole White, to testify about uncut diamonds that Taylor allegedly gave the model after a September 1997 party they all attended that was hosted by then-South African president Nelson Mandela.

Prosecutors have pulled the celebrity witnesses into Taylor's trial hoping they will show Taylor was in possession of at least one "blood diamond" – stones sold to fund wars.

Farrow testified that Campbell had told other guests over breakfast in 1997 she had received a large gem from Taylor. She said Campbell said she planned to give it to charity – the Nelson Mandela Children's Fund. The defence lawyer said Farrow's testimony is not credible, given that it contradicts the known number of the diamonds and involves details from an event 13 years ago.

AP PHOTO



▶ Thankfully, Campbell's BlackBerry was confiscated before entering the court, otherwise Farrow would may been in some serious trouble.

Celebrity tweets

Sarah Silverman [@SarahKSilverman] For very good & for very bad, success seems to come from an abundance of nerve.

Kirstie Alley [@kirstiealley] Baby raccoon at my back door.. Lol... Gotta put out a little snack for him....

Justin Bieber [@justinbieber] just heard U SMILE on the RADIO!!! WOOOHOOO!!! Thanks to Melissa the girl on the radio who requested!!

Russell Brand [@rustyrockets] I have been watching Fox News for six hours and there has been no news about foxes

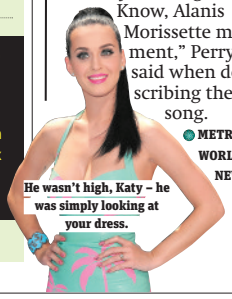
METRO WORLD NEWS

Talking points

Perry takes a shot at her ex in new song

YOU OUGHTA 'NO'. Katy Perry is reportedly going after ex-boyfriend and former Gym Class Heroes singer Travis McCoy in a track on her new album, according to Billboard magazine. The song, Circle the Drain, includes the lyrics, "Thought I was the exception/ I could rewrite your addiction/ You could have been the greatest/ But you'd rather get wasted." Perry dated McCoy throughout 2008 before meeting fiancé Russell Brand. "It's kind of like my You Oughta Know, Alanis Morissette moment," Perry said when describing the song.

METRO WORLD NEWS



He wasn't high, Katy – he was simply looking at your dress.

AP PHOTO

▶ Lindsay Lohan

Lohan assistant losing her mind

Lindsay Lohan's assistant probably had no idea her job would actually get harder while her boss is locked up in rehab, but that's exactly what's happened for the woman known only as Eleonore, sources tell TMZ. The long-suffering assistant is reportedly "miserable," "super-stressed" and "incredibly worn out" these days because while Lindsay is in rehab, her mother, Dina Lohan, and younger sister, Ali Lohan, have been keeping Eleonore plenty busy with endless errands and requests.

The Assistant Diaries

▶ Eleonore joins a long list of employees who have incurred the unseemly demands of the Lohan clan. Back in June, Eleonore quit her job, claiming exhaustion and that she "had enough of Lindsay's demands." She later returned, only to be put 'on probation' by the star.

METRO WORLD NEWS

Quick dish

1 Jason Bateman recently said he's keen on having Jennifer Aniston in the Arrested Development movie, but how does the former Friends star feel about the idea? "I love it. I actually think I might have asked him if that was possible."

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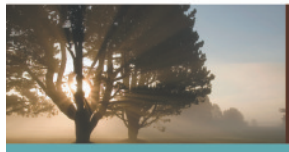

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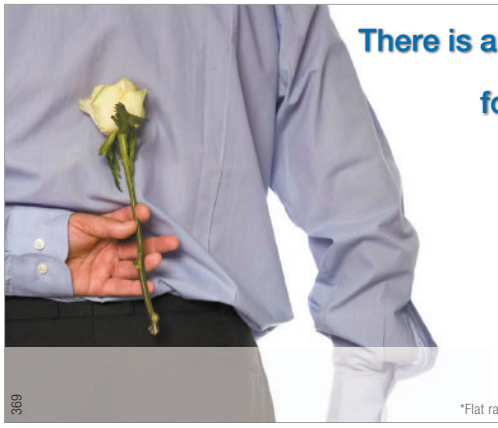

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3 life

Activities for addicts

1 Sky Diving: Addicts need to channel adrenaline someplace else, skydiving is a sport that provides a huge adrenaline rush.

2 Running: Running releases the brain's pleasure chemicals, endorphins, leading to what is known as a 'Runner's high.'

ROMINA MCGUINNESS

Doctors call for clampdown on 'snake oil' health claims at hyperbaric clinics

Robert Palmer wasn't far from the truth when he belted out the lyrics to his song, "might as well face it you're addicted to love" in 1986 An addiction can take any form. Whether it's the high from winning a bid on eBay, doing a line of cocaine or eating a bag of Doritos, addiction is an illness with huge social, mental and physical implications

FLICKR CC DOUG88888

Gimme more

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

ADDING UP ADDICTION

London based psychotherapist Marisa Peer defines addiction as "anything that moves the brain away from a bad or negative feeling, to a good one." We're not just dealing with substances, but anything that affects the pleasure centres of the brain. Activities such as gambling, shoplifting or online shopping are common addictions.

Peer believes that there is no one theory to explain why one person will be more predisposed to developing an addictive behaviour than another. Metro speaks to addiction experts to find out why some of us just can't seem to get enough.

SUBSTANCE OVER SUBSTANCE

Paul J Kenny, Associate Professor of the Department of Molecular Therapeutics at the Scripps Research Institute in Florida, found that compulsive eating shared the same addictive biochemical mechanism as drug abuse.

For the study he separated a group of rats into three categories, group one had no access to junk food, group two had limited access (one hour a day) and group three unlimited access to anything fatty and high in sugar or salt such as bacon, icing or cake. "Unlimited and extended access to junk food causes a shift in brain activity, leading to compulsive eating habits," explains Kenny. The brain is designed to register pleasure, triggered by both drugs and junk food.

If addicted

Whatever it is someone is addicted to, for it to end it must be cut out completely, or abstained from for several months, maybe even years. The best is to transfer this addictive compulsion to something much healthier, such as focusing on living a healthy lifestyle, exercise or work.

THE LESSER OF TWO EVILS

Similarly, Peer observes that refined white sugar and caffeine have the same effect on the pleasure centres of the brain as opium and nicotine.

"Sugar, caffeine and dairy are highly addictive," she says.

The thing all these foods have in common is that they have all been chemically refined.

LET'S GET PHYSICAL

The unsavoury subject of sex is something most addicts are ashamed to speak about, making it that much harder for them to reach out for help.

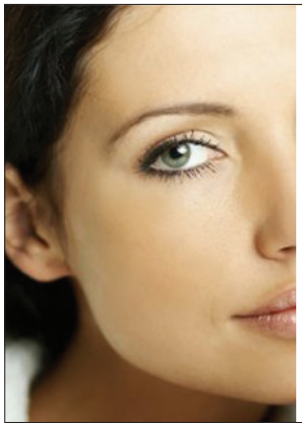
Dr Drew Pinsky is an expert in sex addiction, having appeared on TV shows such as Celebrity Rehab and Oprah.

Recent sex scandals involving celebs have led us to wonder, 'how does one become addicted to sex?'

Pinsky believes emotional or physical abuse as children is something many sex addicts have in common.

'It's the high'

One of Peer's clients is addicted to shoplifting even though, ironically, she is extremely wealthy. "Money isn't the issue, it's the high that comes with it and the adrenaline rush she gets from getting out of the store without being caught, these people are often hoarders, storing piles and piles of things in their homes," explains Peer. "You could put this need to consume down to a feeling of emptiness, a void people need to fill but the same goes for winning a gambling bet or a bid on eBay."



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Finding the life you really want to live

- Vancouver doctor danced and wrote her way to a healthier, happier self
- Revive the passions you have long forgotten and feed your creative side

After earning her medical degree Dr. Susan Biali was miserable and turned to flamenco dancing to find happiness.

Creative self

What does creativity have to do with health?

Dr. Susan Biali, in her new book Life a Life You Love, explains that a balanced, happy, healthy life depends on nurturing your inner, creative self. You can't be happy if you are starving it. Draw, paint, dance — think of the things you loved to do when you were little — and do them again!

CELIA MILNE
WELLNESS@METRONEWS.CA

Do you ever feel stuck in your life? The same thing happened to Dr. Susan Biali. At 28, she was beautiful, smart, thin, highly accomplished … and totally miserable.

Dr. Biali had spent 11 years in university, earned a medical degree, and was working on an emergency medicine residency in Vancouver. These accomplishments pleased others, but not herself. She sank into depression.

When she finally took a break from medicine, she realized what she really wanted to do with her life: flamenco dancing and writing. Sound crazy? So what! After much soul-searching and hard work, Dr. Biali has put her dreams into action: She's now not only a doctor, but also a professional flamenco dancer and writer.

"Anything is possible and amazing things happen when you take small steps that honour a dream or passion," Dr. Biali tells Metro.

She has written a book to inspire others, called Live a Life You Love. It charts seven steps to a healthier, happier and more passionate you.

Her advice? If you want to change your life for the better, don't listen to the non-believers. "If you dream of doing something, go for it," Dr. Biali writes.

How to turn your life around in 7 easy steps

Here are the seven steps that helped Dr. Susan Biali turn her life around, and which she believes can lead to better health and happiness:

Dr. Susan Biali

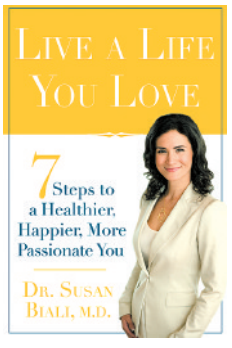
1. Let yourself be you. So many of us walk around pretending to be someone we're not, in order to fit in or please others. That's an extraordinarily stressful way to live.
2. Learn to love yourself. Take good care of yourself as a primary priority; others must come second or eventually you'll be useless to them.
3. Learn to listen to your body. Pay attention to changes in your body, that through illness or symptoms, might be asking you to make changes in your life and schedule. Feed yourself healthy foods.
4. Don't get sucked into drama and negativity in relationships. Focus on doing what you need to do and don't try to change others.
5. Get a life! Give yourself permission to play more, no matter what anyone else thinks.
6. Make room for the divine. Find a way to get quiet on your own on a regular basis in order to unplug from the craziness of everyday life.
7. Make "someday" today. Do something today, however small, to keep a promise to yourself or fulfill a dream. You'll enjoy an immense sense of relief, and a surge of self-esteem.

CELIA MILNE

Tips on how to eat healthier

We all struggle with food choices. We want to eat healthier. We know how, but we're tempted by delicious treats. Dr. Susan Biali is a medical doctor with a degree in dietetics. Here are her simple tips for healthier eating:

- Eat breakfast. You'll eat less later.
- Make small substitutions. For instance, if your breakfast now is a white bagel heaped with butter and jam, switch to a multigrain bagel with half the amount of butter and a healthier jam.
- Eliminate or decrease sugary drinks.
- Eat regularly throughout the day. When you avoid getting ravenously hungry, you are less likely to binge-eat.
- Just add one more serving of fruits and vegetables to what you normally eat in a day.
- Eat balanced quantities of good protein (fish, chicken, legumes), healthy fats (extra virgin olive oil) and healthy carbohydrates (brown rice).



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ADVANCING GENERICS

Create a sleep sanctuary

The bedroom should be treated as a sanctuary, a place you got o when you are going to sleep. The more you educate the brain to think of it as such, the easier it will be to fall asleep. Get into bed 30 minutes before sleep time, curl up and allow the process to kick in. A cool bedroom temperature and cool bed linen are great sleep triggers, if you go into a cool bed, your natural body heat will warm up the bed anyway and allow the sleep cycle to kick in.

SLEEPATHLETE.COM

The golden rule of sleep is like sex: Get some!

Rest and relaxation is not just for holidays Metro consults with the 'sleep athlete,' who serves up his tips on how to ensure a healthy rest

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Don't quite reach out for those sleeping pills yet. A good nights' sleep may seem like a far-fetched idea, especially when you try and fit those precious hours of recovery into a tight schedule. Metro gets top tips and advice from sleeping coach Nick Littlehales, who helps celebrities and athletes optimize their beauty sleep.

1 KEEP A CONSISTENT ROUTINE

Natural sleep periods are in the afternoon and evening. Today, all sleep occurs at night, putting us under pressure to maximize every minute of every hour. The average person's optimum sleep time is 7.5 hours a night, the equivalent of five 90-minute cycles.

Your wake time will determine optimum sleep time so if you get out of bed at 6:30 a.m. you would need to be in bed for 11 p.m.

2 TAKE REGULAR BREAKS

Most people are desk bound and don't stop for breaks. Taking short, five-minute breaks throughout the day in your work environment will allow for a moment of solitude and aid mental recovery, essential for sleep.

3 HAVE A HEALTHY DIET

Stimulate your body by balancing your food and fluid intake. Eat breakfast (digestive yogurts, cereals or porridge), a mid morning snack, lunch, an afternoon snack and dinner (avoid foods that are slow to digest).

Avoid caffeine from lunchtime onwards as it remains in the system for a while. Coffee raises cortisol levels, giving you a false impression of being awake.

All food and fluid intake should be over three to four hours prior to sleep. Meals too close to sleep time are disruptive as your brain and body are still active.

4 EXERCISE, EXERCISE, EXERCISE

We are healthier and generally more active than we used to be in the past. The increased pressure on society to be fit and healthy has led to many people over doing it by training for triathlons, running, cycling to work etc.

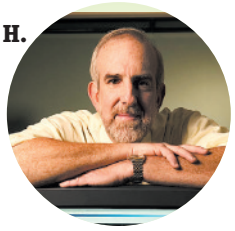
If you choose to go the gym after work, then plan your routine around this. Have your main meal at lunch and a light meal for dinner.

Early evening cardiovascular exercise can actually promote sleep, but we are talking about a light jog or gym session which doesn't go past 8 or 9 in the evening.

Analysis

TIME FOR SOME PILLOW TALK

DR. CARLOS H. SCHENCK
SLEEP EXPERT



Ten months ago, Karen Lennard realized that her husband's sleep talking habits were a little out of the ordinary. She began writing down her husband's bizarre musings about Vampire Penguins and Zombie Guinea Pigs in a blog.

According to Dr. Carlos Schenck, sleep talking occurs in the lighter stages of sleep and has nothing to do with dreams. When someone dreams, they are paralysed and cannot talk, which is not the case with sleep talking, when the subconscious is still active.

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▶ You snooze, you win.

Superfoods for sleep

Turkey: Contains the essential amino acid tryptophan, a natural sedative. Tryptophan produces the B vitamin niacin that helps the body produce serotonin, a powerful chemical that behaves as a calming agent on the brain and helps us fall asleep.

Warm milk: Whether this is a psychological thing or not, a glass of warm milk is really soothing before bed.

Brown Rice: Its high carbohydrate content makes it a good choice for dinner. The fact it isn't as rich in wheat or gluten than white rice is even better.

ROMINA MCGUINNESS

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Stay cool with these salads

Skip the oven and opt for one of these veggie-filled suppers Both are protein-rich and full of nutrients

No matter which part of the country you're in, everyone can agree that this summer has been hot!

We shouldn't complain, really, given the weather we've had the past few summers, but we do anyway. On the days that your shoes seem to stick to the sidewalk, the last thing you want to do is turn on an oven and transform your kitchen into a sweltering inferno all for the sake of supper. So, try these cool salads instead!

We've been bowled over by the popularity of our Moroccan Quinoa Salad. It's regularly one of the most viewed recipes on our site. Maybe that's because quinoa is the grain du jour, and no wonder: It's incredibly versatile, easy to make (it's cooked like rice) and is so healthy — it's full of protein, vitamins and minerals.

If you're craving a bit of meat, try the Three-Pea Salad with Pancetta, Parmesan and Herb Grilled Chicken. Sugar snap peas are beautiful when fresh, and have a crisp sweetness that marries wonderfully with salty Parmesan and pancetta. Pancetta, if you've never had it, is like a thick type of bacon, but unsmoked. And because the chicken is grilled, all you need to fire up is the barbecue.

Serves 6
Prep time: 10 min.
Cooking: 10 min.

▶ Moroccan Quinoa Salad.

Moroccan Quinoa Salad Ingredients:

- 3 cups cooked quinoa (1 cup dried)
- 1/3 cup freshly squeezed lemon juice (about 2 lemons)
- 3 tbsp olive oil
- 2 tsp ground cumin
- 1 tsp salt
- 1/4 tsp sugar
- 1-1/2 cups canned black beans, rinsed
- 1-1/2 cup corn kernels (about 2 cobs) or defrosted frozen
- 1/2 small red onion, thinly sliced
- 1 pint cherry tomatoes, quartered
- 1/2 cup slivered almonds, toasted
- 1/4 cup chopped green or black olives
- 1/4 cup chopped fresh mint
- 1/4 cup chopped fresh coriander

Three-Pea Salad with Pancetta, Parmesan and Herb Grilled Chicken Preparation:

1. Preheat a grill or grill pan to medium-high. Arrange chicken evenly on skewers, alternating chicken pieces and pancetta slices. Season with salt and pepper; set aside.

2. In a jar with a tight fitting lid, combine olive oil, rice vinegar, maple syrup, herbs, salt, pepper and red pepper flakes. Seal jar with lid and shake until mixture is well blended. Divide mixture in half. Reserve one half for vinaigrette and one half for basting chicken. Oil grill and cook chicken, turning and basting occasionally with herb mixture until cooked through, about 8 to 10 minutes. Remove from heat and let rest briefly before serving.

3. Meanwhile, combine remaining ingredients in a large bowl and toss with some of the reserved vinaigrette until thoroughly coated. Divide greens among 4 plates and serve with a chicken skewer on top. Alternatively, chicken can be removed from skewers and served tossed with salad ingredients. (Recipe by Paula Bowman)

PHOTOS BY CARLO MENDOZA

Serves 4
Prep time: 10 min.
Cooking: 10 min.

▶ Three-Pea Salad with Pancetta, Parmesan and Herb Grilled Chicken.

Three-Pea Salad with Pancetta, Parmesan and Herb Grilled Chicken Ingredients:

- 4 (10-inch) metal or bamboo skewers
- 1 lb chicken breast, cut into 1-inch cubes (about 20 cubes)
- 4 slices pancetta, each round cut into quarters
- 1/2 cup olive oil, plus more for oiling grill
- 3 tbsp rice vinegar
- 2 tbsp pure maple syrup
- 2 tbsp mixed fresh herbs (rosemary, tarragon, basil or other)
- 1/2 tsp kosher salt, plus more for chicken
- 1/4 tsp freshly ground black pepper, plus more for chicken
- pinch red pepper flakes
- 3 cups pea shoots (tendrils), thick stems trimmed
- 3 cups torn lettuce or spinach leaves
- 2 cups snow peas, sliced diagonally in half
- 1 cup sugar snap peas, ends trimmed, sliced diagonally in half
- 4 radishes, trimmed and thinly sliced
- 1/4 cup shaved Pecorino Romano cheese

Moroccan Quinoa Salad Preparation:

1. Cook quinoa, according to package instructions. While quinoa is cooking, whisk together lemon juice, olive oil, cumin, salt and sugar into a vinaigrette in a small bowl.

2. Combine quinoa and all remaining ingredients, except fresh herbs, into a medium-sized bowl.

3. Drizzle with vinaigrette. Toss to combine. Refrigerate for at least one hour to allow flavours to combine. Add fresh herbs just prior to serving. May be served at room temperature. (Recipe by LeeAnne Wright)

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THE CANADIAN PRESS PHOTOS

▶Storm Luck displays a fresh coho salmon for sale at The Salmon Shop at the Granville Island Public Market in Vancouver.

- Vancouver's Granville Island market is a favoured local hangout and must-see for tourists
- Taste buds are tempted with an array of colourful fruits, veggies & other gastronomic delights

B.C. market is a foodie Paradise on the waterfront

Visitors to Vancouver's famed Granville Island public market wouldn't be alone in imagining the tune Food Glorious Food being piped into the place that's a favourite hangout for locals and apparently a must-see destination for tourists.

Maybe it's the array of colourful fruits and vegetables beckoning people at stall after stall or the mouth-watering green olive bread vying for attention with the apple focaccia over here and the salmon and oysters seemingly eyeing eaters over there.

Anyone overcome with a desire to click their heels and go for the nearest gastronomic delight would be in good company at this foodies' paradise.

"We're investigating our lunch options and, of course, as typical, we've already picked out our desserts," says Ted Lemmond of Portland, Ore., a first-time visitor to Vancouver, along with his wife and two kids.

"It's fresh and wonderful," he says, surveying the eats as his son takes a few seconds to decide on what kind of sushi to order.

The public market is part of the bustling Granville Island scene that includes water views of False Creek, theatres, North America's largest free water park for the kids, cafes, a brewery, artists selling their wares and crowd-drawing free performers.

Granville Island spokesman Scott Fraser says the island was recognized as the best neighbourhood in North America in 2005 by the New York-based non-profit organization Project for Public Spaces.

> **"Canadians are very experimental; they love to try things"**
> CHRISTINE VAN DER LIECK, CO-OWNER OYAMA SAUSAGE COMPANY

Besides the indoor public market, there's an outdoor farmers market featuring fresh produce from local fields. This year it runs until Oct. 21.

The Pacific Institute of Culinary Arts is located at the entrance to the island, underneath the Granville Street Bridge, and is the only private cooking school in Canada where would-be chefs operate a restaurant and bake shop.

But back to the food at the public market.

At the Oyama Sausage Company, co-owner Christine van der Lieck is tending to a long lineup of customers who have 30 varieties to choose from.

There's everything from smoked Mennonite bratwurst and spicy bison to Italian salamis such as finocchiona made with wild fennel to give it a kick and a mild one concocted from wild B.C. honey and raspberry syrup.

The creations are the handiwork of van der Lieck's husband John, a fifth-generation master sausage maker trained in Germany.

Sausage recipes are from all over Europe, including the Ukraine, France, Portugal and Hungary as well as Colombia, Ecuador and Chile, and fill the cases at this establishment that's been a fixture at the market for a decade.

"Canadians are very experimental; they love to try things," van der Lieck says, adding dry and smoked sausages travel well.

David Esteban of Poughkeepsie, N.Y., returns to Granville Island every time he visits Vancouver.

"There isn't anything even remotely like this in Poughkeepsie," Esteban says with a laugh.

THE CANADIAN PRESS

Pacific delicacies

At the Salmon Shop, one of three seafood stores at the Granville Island market, Storm Luck seems right at home with the wild B.C. salmon, octopus, clams, mussels and other delicacies from the Pacific Ocean.

Luck says salmon is a huge draw for tourists and is packed for travel to Europe and the United States. "We pack it for 24 to 36 hours," he says, proudly holding up a coho for a photo. "A lot of people travelling to Asia will take the frozen sockeye."

Liquid Assets

Summer really belongs to beer

As much as a wine guy like me hates to admit it … summer really does belong to beer.

While no vinophile can deny a chilled brew's affinity for warmer weather, the fact that most are a perfect match for grilled grub is the thing (for me) that make them an undeniably indispensible beverage when it comes to the lazy, hazy, crazy days of August.

Then there's the variety. If you can push past the piles of lime-flavoured whatever at your local liquor store you'll discover some incredibly innovative brands from all over the world.

Though Spain certainly knows its way around a vineyard it's not the first country you think of when you're thirsty for a pint. Estrella Damm (500 ml, $2.15 - $3.04) has been brewed in Barcelona since 1876 and has a bit more weight than many of its European lager-style competitors.

If you like your Germans a tad darker, the Warsteiner Premium Dunkel (500 ml, $2.00 - $3.04) is a lightly toasted lager with a smooth flavour trail of coffee and dark caramel.

For a gutsy seasonal (but surprisingly well-balanced) ale try the Innis & Gunn Blonde (330 ml, $2.95 - $3.81) from Scotland.

Prices reflect the range across the country. Some products may not be available in all provinces.

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

THE CANADIAN PRESS

▶ Roasted Heirloom Tomato Tart.

Tomato tart as beautiful to look at as it is to eat

With fresh, ripe tomato varieties on the market, right now is the perfect time of year to serve your guests a delicious Roasted Heirloom Tomato Tart

The colour contrast of large red and small yellow tomatoes is striking in this recipe from The Complete Canadian Living Baking Book: The Essentials of Home Baking.

Author Elizabeth Baird says that you can also use red tomatoes in differing sizes for an attractive variation on this recipe, which is perfect to serve your guests at this time of year when fresh ripe tomatoes are coming onto the market.

Ingredients:

- 8 red or striped heirloom plum tomatoes (about 625 g/1 1/4 lb)
- 250 ml (1 cup) yellow teardrop or cherry tomatoes (about 300 g/10 oz), halved lengthwise
- 30 ml (2 tbsp) extra-virgin olive oil
- 1 clove garlic, minced
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) pepper
- 1 sheet (from 450-g pkg) frozen butter puff pastry, thawed and cold
- 1 egg, beaten
- 250 ml (1 cup) shredded Gruyere cheese
- 10 ml (2 tsp) chopped fresh thyme or oregano (or 2 ml 1/2 tsp dried)

Preparation:

1. Line 2 rimmed baking sheets with parchment paper or leave ungreased; set aside.
2. Cut red tomatoes crosswise into 1-cm (1/2-inch) thick slices. In a bowl, gently toss together red and yellow tomatoes, oil, garlic, salt and pepper; spread on one of the prepared pans. Roast in 200 C (400 F) oven until slightly charred and shrivelled, about 30 minutes. Let cool. (Make-ahead: Refrigerate in airtight container for up to 1 day.)
3. On lightly floured surface, roll out pastry into 25-cm (10-inch) square; transfer to second pan. Using fork, prick pastry at 2.5-cm (1-inch) intervals all over; refrigerate for 30 minutes.
4. Bake pastry in centre of 200 C (400 F) oven until light golden and puffed, 12 to 15 minutes. Let cool slightly.
5. Lightly brush pastry all over with some of the egg; sprinkle with cheese, leaving 2.5-cm (1-inch) border. Arrange red tomatoes in overlapping rows on cheese. Scatter yellow tomatoes over top; sprinkle with thyme.
6. Bake until golden and puffed, 12 to 15 minutes. Let cool for 5 minutes; cut into squares. Serve warm or at room temperature. (Make-ahead: Let cool. Cover and refrigerate for up to 1 day. Reheat in 180 C/350 F oven for 5 minutes.) THE CANADIAN PRESS

INSURANCE BASICS

Though it's not pleasant to think about illness, disease, death, disability, floods, fires, accidents, or other awful events, catastrophes can happen and you need to be equipped with the right insurance to get you through.

The first rule of insurance is to insure for the major things and people in your life such as your house, vehicle, future earnings and life, in the event that you die.

Avoid insuring for petty things like extended warranties on computers, eye glasses and cars.

Pet and child life insurance are also a bad deal because your financial survival doesn't depend on the survival of your pets and children. Adult life and disability coverage is often sufficient for a family.

Next, opt for the highest deductible. The likelihood of something catastrophic happening is low, so you should always be able to afford the higher deductible, for example, $1,000 versus $500.

Annual savings roll in at 15 to 20 per cent of the total premium paid when you select the higher deductible.

Low deductibles also give people incentive to file small claims more often. And when you file more claims, your premiums go up. In the unlikely event that you get into loads of accidents, your premiums will increase regardless.

Plug into savings on electricity bills

Changing appliances, switching to fluorescent bulbs among measures you can take to stop the cash drain

ON MONEY

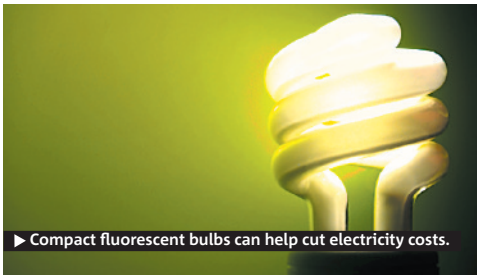
ALISON GRIFFITHS
MONEY@METRONEWS.CA

When certain costs get out of hand you have to take them in hand.

I'm mad as hell and I'm not going to take it any more. Electricity bills. I'm mad that the sector has been poorly managed nationally and there's still so little effort devoted to alternative sources.

I'm mad that time-of-use billing discriminates against stay-at-home parents, the disabled, the elderly and shift workers.

Last week the news was full of predictions about energy bills rising by double digits over the next few years nationally.


▶ Compact fluorescent bulbs can help cut electricity costs.

It's time to get even.

I'm never going to be the poster girl for electricity conservation. My husband and I both work and live in a rambling, leaky 160-year-old stone farmhouse. No mind! Here's how we tackled our consumption, determined to cut $150 monthly.

1. One wheezy beer fridge. Gone. And it was hauled away gratis.

2. Lights! Camera! Inaction! Lights off, natch, but we went after power bars, the satellite receiver and everything with a standby setting.

3. Bulbs. Compact fluorescent throughout except where we need better illumination for reading.

4. Windows and doors. We replaced ancient windows and caulked like crazy.

The expense was offset to a degree by grants and last year's reno tax credit. We also installed storm doors.

5. Hot and Cold. We set the air conditioner higher and heat lower.

6. Furnace. We installed a device ($7 monthly rental) which maximizes burn rate and fan time.

7. Just dry me. The dryer is the biggie. It's a matter of pride that we only use it for emergencies.

Voilà! $150 saved monthly = $23,636 over 10 years at a 5 per cent rate of return.

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TD	1.10%
ALLY	2.0%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

SHE SUGGESTED WAITING UNTIL HE WAS SOBER

How We Met: Michael & Candice

Names: Michael, 33, and Candice, 26

Hometown: Vancouver

Together since: 2008

Their story:

"I (Candice) worked as a manager for a poker company, and Michael was one of the owners of a venue that we rented ...

When I went to set up for a tournament, Michael was at the venue and he helped me unload some equipment.

I didn't see him again until months later, when we had rented his venue for another poker tournament. This time he had a friend with him and they both helped me unload the truck and set-up for the tournament.

I was blown away and thought that it was super nice of them. We had a few drinks and chatted afterward. I thought Michael was very handsome, but I actually ignored him a little because I assumed he was "a player" based on his good looks.

When I got home that night, I received a text message from Michael asking if it would it be inappropriate to ask me out sometime, since we somewhat worked together.

I replied that if he had the guts to ask me out when he was sober, I would think about it.

He called me first thing in the morning to apologize for his late-night text and he did ask me out again – sober! Many dates and two years later, we're still together and I'm glad I didn't judge this book by his cover!"

FOR MORE HOW WE MET STORIES, GO TO 2FORCOUPLES.COM

▶ Candice thought Michael was very handsome, but she worried his good looks meant he would be a player.

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Romance

▶ For women, the scent of cucumber mixed with Good & Plenty candy is a big turn-on.

AUTHOR REVEALS SECRETS FROM THE SEX LAB

For her book, Secrets from the Sex Lab, author Judy Dutton gathered researchers' findings on what's going on chemically, biologically and neurologically.

The biggest mystery is sexual chemistry. What is it?
Sexual chemistry is ruled by factors we have little control over or little awareness about. For example, the way someone smells can make or break how much chemistry you have. Someone may seem all wrong but the smell is right and you're smitten and you don't understand why. It has to do with the major histocompatibility complex, a sequence of genes involved in the immune system. If someone smells good, it indicates that your immune systems are compatible and you'll have strong healthy offspring.

What particular smells are turn-ons?
Scientists actually hooked up measuring devices to people's genitals to measure blood flow and then put different smells in front of them until they found winning combinations. They found that men are attracted to the smell of pumpkin pie mixed with lavender. For women, it was the smell of cucumber mixed with the candy Good & Plenty.

TORSTAR NEWS SERVICE

Want to stop 'Effing' up?

A new book, Stop Effing Yourself: A Survivor's Guide to Life's Biggest Screw-ups, offer tips to stop 'effing' up Metro talked to author and neurologist Dr. Sean Kenniff

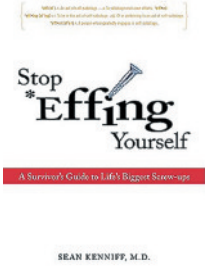
NATALIE GAVILANES
METRO WORLD NEWS

Q: How did you come up with the title "Stop Effing Yourself"?
A: (Laughs) Well, I myself was a self-saboteur. I ruined a lot of opportunities for myself, so I decided to delve into the psychology of someone who self-sabotages and realized that it was something that was actually common and complex for a lot of people.

Q: How would you characterize a self-saboteur?
A: Everyone has a person who was "the one who got away" and sometimes (the self-sabotaging that led to that is) small, but other times it's a big problem. And the people who self-sabotage know it. A self-saboteur would live paycheque to paycheque — not really have a budget. They wouldn't be satisfied with their job, they would be wasting time at work. Basically, if you count the number of times that you say "Why did I do that?" and say it more often than you'd like, then you probably are a self-saboteur.

Q: How do you make sure you don't self-sabotage when having drinks with the boss?
A: Never bring up politics or religion. Never discuss your past and never ever talk badly about anyone. Definitely don't drink too much. Basically, all the Christmas party rules apply here.

The book



Stop Effing Yourself: A Survivor's Guide to Life's Biggest Screw-ups is available now.

ISTOCK

▶ Have you made one too many cringe-worthy mistakes at work? Perhaps you should give Stop Effing Yourself: A Survivor's Guide to Life's Biggest Screw-ups a read.

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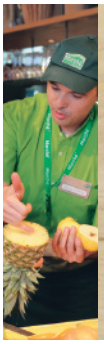

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Decline of the family vacation

As kids trot off to PSE, they may not want to travel with their parents any more But they will be back, say most experts

My eldest son, who's heading off to college in the fall, recently informed me that he plans to spend just a few days with us this year on our annual summer vacation.

"But it's our last vacation ever as a family!" I pouted.

He reminded me that I've been guilt-tripping him with that line since 2008.

All too true, I'm afraid. But that's because, as in many families, our travels have been so much fun that I hate the thought of taking a trip without him. And I'm sure my younger son is not looking forward to travelling with two boring old people (also known as his parents) once his big brother leaves home.

"When they realize how much travelling costs, they will rethink travelling with you."
EILEEN OGINTZ

Eileen Ogintz, who writes a syndicated column and blog at TakingtheKids.com, says a child going off to college "does change the vacation dynamic — a lot. Right now it is all about them and they couldn't care less about family time."

Sensing my disappointment at the thought of a treasured family ritual so easily discarded, she added: "Don't sweat it! When they are homesick at school, they will probably think fondly on those happy times."

But Ogintz added that college doesn't necessarily mean the end of the family travels.

"When they realize how much travelling costs, they will rethink travelling with you," she said, as long as the trip is "something they think is fun and exciting." And eventually, even college-age kids "realize what a good deal it is to have mom and dad pay the freight."

As for my son's reluctance to join us this summer, Ogintz advised, "I would just smile and say, 'Whatever you want to do, honey!' and know that he will be back."
THE ASSOCIATED PRESS

Destinations

Holly Hughes, author of Frommer's 500 Places To Take Your Kids Before They Grow Up, was in a similar situation last year, the summer before her eldest went off to college. With her husband and two younger kids, the family of five did a road trip. "We rented a minivan and we did the drive across country for two and a-half weeks," she said. But "it did not feel like a last hurrah," she said, and in fact, it wasn't.

After finishing his freshman year, her son got a week off from his summer job this year and joined the rest of the family for a week on Martha's Vineyard. One way she made the vacation enjoyable for all of them was to let the teenagers — 19, 17 and 15 — "make decisions about what they wanted to see and do," whether it was picking the restaurants or the activities. "There was less push-back against it that way," she said.
THE ASSOCIATED PRESS

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Keeping your kids active can help them learn

Does your child love to rock out to music or enjoy a competitive game of kickball with the neighbourhood children? Getting and keeping children moving has more than just physical benefits, it also stimulates children's most vital organs … their brains.

Like adults, children need regular exercise. Experts recommend children get at least an hour of physical activity every day. Regular exercise not only strengthens the body, but it lowers stress levels, which can help children stay focused in school.

According to a recent study funded by the National Institutes of Health, children who play vigorously for 20 to 40 minutes a day are also better able to organize schoolwork, complete class projects and learn mathematics. The link between learning and movement demonstrates how important it is for children to exercise daily.

So how you do get your children's blood pumping to the brain in the age of video games, computers and cell phones? Here are a few tips from Kumon:

Encourage your children to play games that include critical thinking as well as physical activity. Games like hide-and-seek require strategic thought, observation and lots of running. Try playing hopscotch, kickball, jump rope or freeze tag with your children. While simple in nature, each of these games requires reasoning and strategy as well as physical prowess.

Children love adventure and role-playing. If your children's favourite bedtime story is set in the jungle, encourage them to act out the identities of the animals. Ask them what a lion or a monkey sounds and behaves like, and let them put on a little show for you. Later, reread the story together so they can read more about the animals and perfect their performances for the next time around.

More information is available online at kumon.ca.
NEWS CANADA

Examples

Set an example by being active with your children. Ask them questions about their games, and encourage them to use their imaginations while having fun. When the weather is nice, go on nature hikes in a nearby park or forest preserve. If you live in the city, create a list of items that can be collected and go on a scavenger hunt to find items on your list within a certain period. To keep kids active and learn new skills, consider signing up for a class together through a community centre or local program. Most children love it when their parents get in on the action.

News in brief

Renison Institute coming to Toronto

EDUCATION Renison University College's English Language Institute plans to establish a satellite campus in Toronto. Operated in partnership with Hudson College, a private school offering programs from pre-kindergarten through university and college entrance.
RENISON NEWS RELEASE

Cambrian centre props sustainability

EDUCATION Last week, Sudbury's Cambrian College held a groundbreaking ceremony for its Xstrata Nickel Sustainable Energy Centre. The facility will provide opportunities for students, faculty and local community to acquire the skills and practical experience to become leaders in the green-collar economy.
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Opinion

JACQUELINE HANSEN
GET SMART

A PEACEFUL PLACE FOR YOUR PEACE OF MIND

Emily Moyes, a Broadcast Journalism student at Seneca College, spent a year living with unruly roommates, an unprofessional landlord and fear of theft and damage to her property.

"You want to feel safe and comfortable in your home environment, and when you don't — that makes stress levels high."

The stressful conditions in her house affected her day-to-day life, making her uneasy and preventing her from sleeping well.

As a result, she had difficulty concentrating on her school work.

Moyes advises getting to know your potential roommates and landlord before you sign a lease.

Spending some extra time looking for living arrangements that you can not only live with, but be happy with is vital to ensuring you can make the most of your school year. This might mean you still choose to live with strangers, but just be sure to spend some time with potential roommates so you know what to expect.

Discuss some guidelines as to what everyone is comfortable with — from cleanliness to visitors or parties. Your home, albeit probably temporary, needs to be somewhere you feel comfortable, safe, and able to study productively.

"You want to feel safe and comfortable in your home environment."
EMILY MOYES, STUDENT

Most post-secondary institutions also have on-campus residences with screening processes in place to match you with like-minded roommates and help make the transition as smooth as possible.

Also, many college or university housing offices provide assistance and advice to students who are looking for housing off-campus.

There are pros and cons to every housing option. You may not find your perfect space right away, but keep your mind open to possibilities and put effort into your search.

After a long year of discomfort, Emily is now in a home that works for her. When it comes to living arrangements, she says, "There are a lot of stresses that are out of your control, but this is something you can make positive."

ISTOCK

▶ Look to frosh leaders for guidance on orienting yourself to a new city and a new experience.

'Take deep breath and dive right in'

Frosh week provides 'training wheels' for independence

JON TATTRIE
FOR METRO CANADA

The first week of university can be an overwhelming immersion in a new world, but experts say the best plan is to take a deep breath and dive in.

Adrian Lee, a Frosh co-ordinator at the University of King's College in Halifax, says you may be reveling in a new-found independence, but you should still listen to your frosh leader.

"The leaders have been there before and they know what's best and what it's going to take for you to have an optimal week orienting yourself to a completely new city and completely new friends," he says.

That includes learning to live on your own, either on campus or off.

It's also a great chance to meet new friends and set yourself up with allies for the next four years. While booze has a long, respected role in frosh weeks, Lee says not everyone wants to end up drinking beer out of a shoe. He was a quiet frosh and therefore terrified. It worked out well, and soberly, for him.

Denea Campbell, an orientation coordinator at the University of British Colombia, says the top three goals are meeting new students, getting prepared for class and getting involved.

At UBC, the critical frosh day is Imagine UBC, where a senior student offers groups of 12 new and returning students a vast amount of information about their campus and city.

It can seem overwhelming and hiding in your spiffy new apartment may seem appealing, but Campbell says there will be lots of time to do that. There won't be lots of time to learn where the arts building is.

"I would recommend going to all of your classes — I mean, always go to class, but at least go on your first day and get the syllabus," she says.

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Subduing salmonella

U of T-led research team discovers potential shut down to bacteria's disease-causing genes

KEITH CARMEN
FOR METRO TORONTO

Salmonella: There's a common belief around this food contaminating bacteria, which has been emphasized due to the many processed deli package recalls, that it only taints meat.

But as Dr. William Navarre, Department of Molecular Genetics at U of T reveals, the fiendish bacteria is actually a close relative to the E. coli in our own systems, thereby thriving in virtually any condition with poor sanitation.

"Salmonella is incredibly hardy and can live in a wide variety of environments including inside of animals and on the surface of leaves, fruits and vegetables," he states.

But thanks to a discovery by Navarre — in partnership with Ohio State University, University of Washington laboratories as well as the assistance of students Betty Zou and Lucy Xie — this health threat and potential killer might soon lose its predatory power.

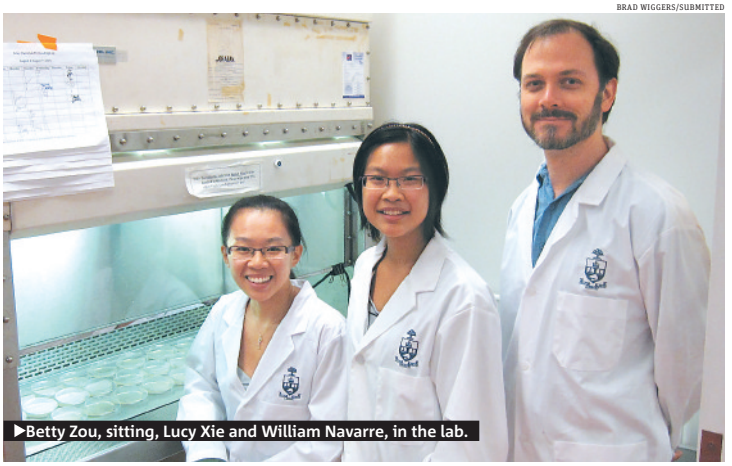
The team has identified three of salmonella's key proteins it requires in order to adapt to potentially threatening environments and/or resist antibiotics.

"(These) proteins help it cause disease and resist antibiotics … In order to do this, they must be able to detect that they are in trouble and activate the genes necessary to make the appropriate changes to their metabolism and cell structure," Navarre explains.

Essentially, by taking one of the proteins out of the equation, the bacteria's own immune system is effectively shut down.

What does it all mean? "We believe that if we can make a drug that prevents any one of these three proteins from working properly, we will render Salmonella unable to cause disease and also more susceptible to antibiotics," he said.

BRAD WIGGERS/SUBMITTED



▶Betty Zou, sitting, Lucy Xie and William Navarre, in the lab.

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New app for Paris Métro

Ryerson grad led project to develop navigation tool University was only Canadian participant

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Commuters in Paris can now use their cellphones to navigate the city's famously labyrinthine Métro system, thanks to Ryerson graduate Hossein Rahnama.

For three years Rahnama, who recently finished earning his PhD in computer science at Ryerson, led a project funded by the European Commission to develop an application that could direct passengers on a variety of transit systems. "There were 14 partners in the project and Ryerson was the only Canadian participant," he says.

The Paris Métro was chosen as the test site because the city's transportation authority was a partner in the project.

"It was a great test for us because we couldn't care what phone you're using or what connection you have," says Rahnama.

The application, called the Mobile Travel Companion, is designed to help a variety of passengers. "We didn't build separate applications," Rahnama says. "We built one application that could adapt to the passenger's needs."

"We didn't build separate applications. We built one ... that could adapt to the passenger's needs."
HOSSEIN RAHNAMA, RYERSON GRAD

For instance, if passengers register themselves as vision-impaired, the software will automatically allow them to "interact with the phone using voice commands or gestures," says Rahnama. "As soon as you get to your station, for instance, your cellphone can start to vibrate and beep."

Rahnama worked with a Swedish company, Appear Networks, on the project. "I went to Sweden as part of a scholarship, which supported the cost of a researcher going overseas for six months," he says. Upon his return, both Ryerson and Appear Networks supported Rahmana's costs.

While developed for the European market, the Mobile Travel Companion can easily be adapted for use in Canada.

"For example, we plan to work with local museums in Toronto to provide useful information for tourists," Rahnama says. "We built an engine. We applied it at the public transit setting first, but there are other scenarios we can apply it to."

SUBMITTED PHOTO

▶ Ryerson PhD student Hossein Rahnama exits a Paris Métro station. Rahnama recently led a three-year project to develop an application that helps commuters navigate the city's 300-station transit system on their cellphones.

How the technology works

Users begin by registering a profile, either online or when asked if they want to download the Mobile Travel Companion near a Paris Métro station.

The application's settings are based on user preferences, such as whether a user is hearing impaired, or would like to be monitored during travel.

Once the application is activated, arriving at a station will trigger a number of icons. For instance, selecting the elevator or ticket icon will point a user to the station's nearest elevator or ticketing office. Selecting the watch icon tells the user when the next train arrives.

The application has access to the Paris transit authority's records and knows each train's schedule, or how busy a given station will be. Users can select where they are, and which station they're going to, and the application will calculate the best route. "It's very similar to the GPS system that people use on their cars," says Rahnama.

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4 sports

Hometown hero scores big upset

Thornhill's Polansky beats No. 15 ranked Melzer in Rogers Cup play

Canadian Peter Polansky has upset one of the top-ranked tennis players in the world.

The 22-year-old native of Thornhill beat Austrian Jurgen Melzer in the first round of the Rogers Cup last night, grinding his way to a 7-6, 6-4 win in front of an appreciative centre-court crowd at Rexall Centre.

Melzer entered the Canadian tournament ranked 15th in the world, having appeared in the French Open semifinal, and having earned more than $1 million US in prize money so far this year. Polansky is ranked No. 207, with $27,052 in the bank from the ATP World Tour.

It is the first time a Canadian man has beaten a top-15 player at his home tournament in seven years, since Simon Larose upset Gustavo Kuerten. Larose was ranked No. 314 in the world at the time.

Polansky outlasted Melzer in a game that lasted one hour 47 minutes. The first set lasted 62 minutes, with Polansky holding on to win the tiebreaker.

Polansky will advance to face Romanian Victor Hanescu, who won his first game against Thornhill's Milos Raonic. The 19-year-old, one of four Canadian players given wild-card entries into the ATP Masters 1000 series tournament, fell 6-4, 6-4 to Hanescu earlier yesterday.

Polansky's win was the highlight of a rainy day in Toronto, where weather forced a long delay on the courts at York University. The top eight seeds were granted byes into the second round of the $2.43-million US tournament, leaving the early draws lacking for recognizable talent.

Roger Federer held a question-and-answer session with reporters, and is scheduled today to play for the first time since Wimbledon. The 29-year-old is ranked No. 3 in the world, after a year that has been marked with injury and illness following a win at the Australian Open in January.

THE CANADIAN PRESS

Elsewhere

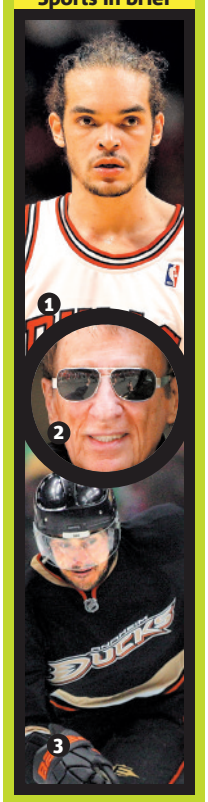
Some other early match results.

- Sergiy Stakhovsky of Ukraine defeated Richard Gasquet of France 7-5, 6-1
- Juan Ignacio Chela of Argentina beat Alejandro Falla of Colombia 6-1, 6-3
- Tommy Robredo of Spain topped Jarkko Nieminen of Finland 6-1, 6-4
- Kevin Anderson of South Africa downed Leonardo Mayer of Argentina 7-6 (2), 6-4

FRANK GUNN/THE CANADIAN PRESS

▶ Peter Polansky celebrates his win last night.

Sports in brief



1 Joakim Noah is discussing a contract extension with the Bulls.

2 Red Wings and Tigers owner Mike Ilitch wants to buy the Detroit Pistons.

3 Teemu Selanne signed a one-year contract with the Ducks.

THE ASSOCIATED PRESS

Scan code for news

Raps will make history with games in England

The Toronto Raptors will lead the NBA's first regular-season excursion overseas.

NBA commissioner David Stern confirmed yesterday the Raptors and the New Jersey Nets will play two regular-season games in London this season.

The teams will square off March 4 and 5 at the O2 Arena, the same venue that has hosted pre-season games over the last several years.

4 Number of European-born Raptors: Andrea Bargnani, Marco Belinelli, Jose Calderon and Linas Kleiza.

"The entire Raptors organization is pleased to be representing the NBA in these historic regular-season games in Europe," said Raptors GM Bryan Colangelo in a statement.

This game will be the Raptors' first visit to Britain. Toronto faced the Boston Celtics and Lottomatica Roma in Rome, Italy, and Real Madrid in Madrid, Spain, in pre-season games in October 2007.

The NBA has been looking to expand overseas for years, and Stern has said in the past he would like to play a meaningful game in London before the city hosts the Olympics in 2012.

THE ASSOCIATED PRESS

Sports in brief

Mariners cast skipper adrift

MLB. The last-place Seattle Mariners have fired manager Don Wakamatsu.

The team announced the dismissal of the major leagues' first Japanese-American manager hours before last night's game against Oakland.

Texans blame medical issue

NFL. The Houston Texans asked the NFL to reduce or rescind the four-game suspension given to star linebacker Brian Cushing yesterday, saying he has a unique medical condition stemming from something called overtrained athlete syndrome.

THE ASSOCIATED PRESS

Playing with power

Blue Jays keep on hitting home runs Other teams concede homers are coming, try to limit damage

The year of the pitcher across the majors has been the year of the longball for the Toronto Blue Jays, who surely found the zenith of their season-long air show with an eight home run performance over the weekend.

For some perspective, Saturday's assault of shell-shocked starter James Shields and the Tampa Bay Rays was just the 20th time a big-league team has hit eight or more home runs in a single game, according to Elias Sports Bureau, and was two short of the record 10 the Blue Jays established against Baltimore on Sept. 14, 1987.

Consider, too, that there have been just 20 perfect games thrown in the majors.

Yet the fireworks were overshadowed by the excitement over prospect J.P. Arencibia's stunning two-homer, four-hit debut in the 17-11 win, and then nearly completely forgotten as Brandon Morrow came within an out of the franchise's second no-hitter in Sunday's 1-0 win.

99
The Jays rarely go deep with runners on. Of their 175 home runs, 99 were solo shots, 57 were two-run blasts, 17 were three-run drives, and two were grand slams.

The rarity of the power display, however, made it just as memorable as the efforts by Arencibia and Morrow, even if what was somewhat lost in the other buzz.

"I've never seen anything like that," marvelled Jose Bautista, whose major-league best 34th home was No. 5 on Saturday for the Blue Jays.

The Blue Jays now have 175 home runs, tops in the majors, a full 28 ahead of the Boston Red Sox, who are in Toronto for the start of a three-game series tonight.

It's come to the point where teams concede that the Blue Jays are going to burn them with the long-ball, and focus more on damage control. That's exactly what Rays manager Joe Maddon was musing about Friday afternoon, shortly before his team's lost weekend in Toronto began.

"That's who they are, that's their nature," said Maddon. "You try to limit it as much as you possibly can, limit the number of people who are on base.

"That's your best recourse." THE CANADIAN PRESS

CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ J.P. Arencibia runs home after hitting his second home run on Saturday.

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Arbitrator rejects Kovalchuk deal

- Ruling upholds NHL's rejection of 17-year contract
- Would have been longest of 'front-end loaded' deals

Ilya Kovalchuk is an unrestricted free agent for the second time this summer.

Independent arbitrator Richard Bloch ruled in favour of the NHL's rejection of Kovalchuk's 17-year, $102-million US contract with the New Jersey Devils.

The NHL team released a statement yesterday night saying it respects Bloch's ruling and indicated that it still hopes to land the talented Russian.

Kovalchuk agreed to the deal with the Devils on July 20, but the league ruled later that night that the landmark contract, the longest in NHL history, violated the salary cap.

The NHL Players' Association then filed a grievance disputing the league's rejection.

BRUCE BENNETT/GETTY IMAGES

▶ Ilya Kovalchuk

The NHLPA said in a statement that it was "disappointed with the arbitrator's ruling to uphold the NHL's rejection of the contract between the New Jersey Devils and Ilya Kovalchuk."

The NHLPA added it was "currently reviewing the decision and will have no further comment at this time."

In a brief statement, the NHL deputy commissioner Bill Daly said that Bloch's ruling is "consistent with the league's view of the manner in which the collective bargaining agreement should deal with contracts that circumvent the salary cap."

The league felt the Devils went too far in giving the 27-year-old Russian a contract that would pay $95 million over the first 10 years, but only $7 million over the final seven. That would reduce the cost against the salary cap to a relatively modest $6 million per year.

THE CANADIAN PRESS

Scoreboard

BASEBALL

AL EAST

	W	L	Pct	GB
NEW YORK	69	42	.622	-
TAMPA BAY	67	44	.604	2
BOSTON	64	49	.566	6
TORONTO	59	52	.532	10
BALTIMORE	37	74	.333	32

AL CENTRAL

	W	L	Pct	GB
CHICAGO	63	48	.568	-
MINNESOTA	63	49	.563	0.5
DETROIT	54	57	.486	9
KANSAS CITY	47	64	.423	16
CLEVELAND	47	65	.420	16.5

AL WEST

	W	L	Pct	GB
TEXAS	64	47	.577	-
OAKLAND	56	54	.509	7.5
LOS ANGELES	56	57	.496	9
SEATTLE	42	70	.375	22.5

Yesterday's AL results

Boston 2 N.Y. Yankees 1
Chicago White Sox at Baltimore
Tampa Bay at Detroit
Kansas City at L.A. Angels
Oakland at Seattle

Today's AL games

Baltimore at Cleveland, 7:05 p.m.
Tampa Bay at Detroit, 7:05 p.m.
Boston at Toronto, 7:07 p.m.
N.Y. Yankees at Texas, 8:05 p.m.
Minnesota at Chicago White Sox, 8:10 p.m.
Kansas City at L.A. Angels, 10:05 p.m.
Oakland at Seattle, 10:10 p.m.

NL EAST

	W	L	Pct	GB
ATLANTA	64	47	.577	-
PHILADELPHIA	62	49	.559	2
NEW YORK	55	56	.495	9
FLORIDA	54	56	.491	9.5
WASHINGTON	49	63	.438	15.5

NL CENTRAL

	W	L	Pct	GB
CINCINNATI	64	48	.571	-
ST. LOUIS	61	49	.555	2
MILWAUKEE	53	59	.473	11
HOUSTON	47	63	.427	16
CHICAGO	47	64	.423	16.5
PITTSBURGH	39	72	.351	24.5

NL WEST

	W	L	Pct	GB
SAN DIEGO	64	46	.582	-
SAN FRANCISCO	63	49	.563	2
COLORADO	58	53	.523	6.5
LOS ANGELES	58	54	.518	7
ARIZONA	43	69	.384	22

Yesterday's NL results

St. Louis at Cincinnati
Atlanta at Houston
Arizona at Milwaukee
Chicago Cubs at San Francisco

Today's NL games

Florida at Washington, 7:05 p.m.
L.A. Dodgers at Philadelphia, 7:05 p.m.
Colorado at N.Y. Mets, 7:10 p.m.
St. Louis at Cincinnati, 7:10 p.m.
Atlanta at Houston, 8:05 p.m.
Arizona at Milwaukee, 8:10 p.m.
Pittsburgh at San Diego, 10:05 p.m.
Chicago Cubs at San Francisco, 10:15 p.m

TENNIS

Rogers Cup results
Singles

Victor Hanescu, Romania, def. Milos Raonic, Thornhill, Ont., 6-4, 6-4.
Sergiy Stakhovsky, Ukraine, def. Richard Gasquet, France, 7-5, 6-1.
Juan Ignacio Chela, Argentina, def. Alejandro Falla, Colombia, 6-1, 6-3.
Tommy Robredo, Spain, def. Jarkko Nieminen, Finland, 6-1, 6-4.
Kevin Anderson, South Africa, def. Leonardo Mayer, Argentina, 7-6 (2), 6-4.
Julian Benneteau, France, def. Denis Istomin, Uzbekistan, 6-4, 6-4.

TRANSACTIONS

NHL

ANAHEIM DUCKS - Signed RW Teemu Selanne to a one-year contract.
NASHVILLE PREDATORS - Signed G Mark Dekanich to a one-year contract.
PHILADELPHIA FLYERS - Announced the retirement of F Riley Cote who will become an assistant coach for Adirondack (AHL).
TAMPA BAY LIGHTNING - Signed D Radko Gudas to a three-year contract. Named Jon Cooper coach of Norfolk (AHL).

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Halifax Travel Aug 27/ws	one-way	$128 + taxes & fees $92
Manchester Travel Oct 19 - Oct 27/ts		$149 + taxes & fees $410
Fort Lauderdale Travel Aug 28 - Sep 11/ts		$149 + taxes & fees $241
Boston Travel Aug 31 - Sep 7/pd		$188 + taxes & fees $124
Frankfurt Travel Sep 22 - Sep 30/ts		$249 + taxes & fees $337
Los Angeles Travel Sep 16 - Sep 23/dl		$355 + taxes & fees $131
Amsterdam Travel Aug 31 - Sep 9/wg		$399 + taxes & fees $336
Buenos Aires Travel Sep 1 - Sep 15/la		$599 + taxes & fees $291
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New Orleans Air + 4 Nights $459
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Montreal 3 Nights $174
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Charlottetown 2 Nights $199
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Hong Kong Air + 11 Nights $1299
The Charterhouse Causeway Bay + taxes & fees $212
INCLUDES central accom close to attractions with internet. Departs Sep 13/ggv/dl.

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Departs Sep 3/vat/c6.

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Departs Sep 11/sqv/ws.

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Current Mortgage (5%)	200,000	1,164
Loan and Credit Cards	35,000	1,050
Penalty to Break Mortgage	3,000	-- --
Total Debt	238,000	2,214
New Situation		
New Mortgage (2.10%)	238,000	1,019

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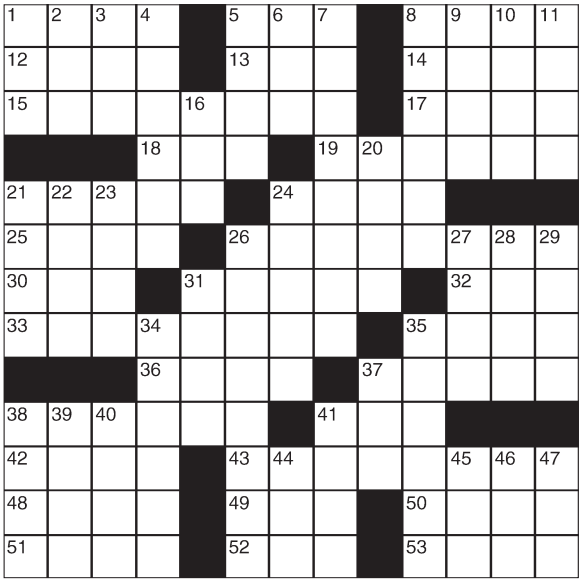
Crossword



Across

1 Talon
5 Calendar abbr.
8 Movie pig
12 Gaucho's weapon
13 Judge Lance
14 Eye part
15 Gilbert's partner
17 Guys' companions
18 "CSI" evidence
19 Bite a bit
21 Streamlined
24 Conflagration
25 Home turf?
26 "Midnight in the Garden of Good and Evil" setting
30 Actress Gardner
31 "Nevermore" sayer
32 Id counterpart
33 Points of perspective
35 Newman or McCartney
36 Responsibility
37 Blender setting
38 Palin territory
41 Melody
42 Works on 25-Across
43 Germane
48 Shrek, e.g.
49 Sphere
50 Great Lake
51 Piano array
52 Vast expanse
53 Holler

Down

1 Couric's network
2 Gehrig or Brock
3 Every iota
4 Thoreau's getaway spot
5 Prima donna
6 Greek vowel
7 Plots slyly
8 London landmark
9 Speedy steed
10 Chelsea's dad
11 Being, to Brutus
16 Squid squirt
20 Persia, now
21 Czech or Croat
22 Volcano outflow
23 Actor McGregor
24 Most popular ones, for short
26 Giant cacti
27 In the neighborhood
28 Malaria symptom
29 Golf goal
31 File crosser
34 Hurls
35 Supply provisions
37 Chart format
38 Uncontrollable
39 Theater box
40 All messed up
41 Jessica of "Fantastic Four"
44 Before
45 Exist
46 Zero
47 — Aviv

▶ Yesterday's answer

A	L	L		L	A	P	S	E		H	O	G		
L	E	O		O	T	T	E	R		A	V	E		
E	A	S	Y	C	H	A	I	R		R	A	N		
			M	A	L		N	O	O	D	L	E		
I	N	H	A	L	E		E	R	S	T				
S	E	A		S	T	Y		S	L	I	M	S		
L	O	R	E		E	A	R		O	M	I	T		
E	N	D	U	P		M	E	N		E	R	A		
		D	R	I	P		S	E	A	S	O	N		
S	T	R	O	L	L		T	A	M					
U	R	I		E	A	S	Y	R	I	D	E	R		
R	E	V		U	T	I	L	E		O	W	E		
E	Y	E		P	O	R	E	D		H	E	X		

Sudoku

			1		7	6	9	
7	6				3		2	
2		1	4			7		
5	3		9		2	4		6
4		6	3		8		7	9
		5			9	8		3
	2		6				5	7
	7	3	5		1			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	7	2	8	3	6	1	5	4
3	4	5	2	1	9	7	6	8
8	1	6	7	4	5	9	2	3
5	2	8	1	6	7	4	3	9
1	9	3	4	5	8	2	7	6
4	6	7	9	2	3	8	1	5
7	3	4	6	8	1	5	9	2
6	8	1	5	9	2	3	4	7
2	5	9	3	7	4	6	8	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To the person who found my Metropass on Gerrard Street and handed it into the TTC: A big, wet sloppy kiss of thanks!
ROBYN

Glen, baby, I'm so lucky to wake up to you every morning and have your strong arms protect me every night. Love you hubby!
XOXO MUAH! DAVID

CWBM - One year and two months. The best of my life. Having you has been the greatest gift I have ever received. I love you - more than yesterday, less than tomorrow.
ALWAYS, MARC

My dear Ruslan You mean a lot to me ... Even now. Kiss You. **YOUR IROCHKA**

I love you babe and can not wait till we are together again.
WILLIAM

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Today Variable 28° / 20°
Wednesday Variable 27° / 18°
Thursday Partly cloudy 26° / 17°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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♈ Aries March 21-April 19
Today's new moon will help you focus on what is truly important. This is potentially one of the best times of the year for you.

♉ Taurus April 20-May 21 Get the balance right today. Spend some time helping a loved one overcome their personal problems, but also take advantage of an opportunity to move up on the work front.

♊ Gemini May 22-June 21
What takes place today may appear to have arrived out of the blue but in reality it has been building up for some time. Don't try to dodge the issue: Face up to the challenge and turn it into an opportunity. It can be done.

♋ Cancer June 22-July 22
Among other things the current cosmic alignment will help break the deadlock in your financial and business affairs, so don't lose heart. Your money situation could be better, but it could be worse!

♌ Leo July 23-Aug.23 A new moon in your sign means a new start is possible in whatever area of your life you think needs it most. You have wasted too much time and too much energy on things of no consequence.

♍ Virgo Aug. 24- Sept. 22 You have the power to change your life for the better, but do you have the confidence to use that power? Show the world what you can do. Now!

♎ Libra Sept. 23-Oct. 23 Some major changes are about to take place, changes that will be to your benefit, but you will achieve more if you join forces with people who share your aims.

♏ Scorpio Oct. 24-Nov. 22 You need to wise up about something that, in all honesty, you have been a little naïve about in recent months. It's a tough world out.

♐ Sagittarius Nov. 23-Dec. 21 Everything may be going well for you at the moment but you know from long experience how quickly things can change, so put your own interests first and make sure you keep a little something in reserve — just in case.

♑ Capricorn Dec. 22-Jan. 20
You may want to believe that everyone is on the same side but as there are large sums of money involved you must not take anything for granted.

♒ Aquarius Jan. 21-Feb. 18 A new moon in your opposite sign of Leo indicates that if you confront your emotions openly and honestly your most important relationship will move to a more enjoyable level.

♓ Pisces Feb. 19-March 20 You may be tempted to stick with what you know and trust and do things the way they have always been done, but the planets urge you to be more adventurous. A new approach now will bring big rewards later. **SALLY BROMPTON**

Caption contest

TRISNADI/THE ASSOCIATED PRESS

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Great Exuma

Augusta Bay • 3 1/2★

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$929
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Sept. 5–26 • 1 wk.

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+Taxes & other fees (including service charges): $206

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Varadero

Sirenis La Salina Varadero Beach Resort • 4★

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Sept. 5–26 • 1 wk.

Book by Aug. 13

$399
+Taxes & other fees (including service charges): $233
Departure tax: 25 CUC cash, paid locally

Santa Clara

Meliá Las Dunas • 4★

All-Inclusive • Standard rm.
Aug. 11 & 25 • 1 wk.

Book by Aug. 13

$459
+Taxes & other fees (including service charges): $233
Departure tax: 25 CUC cash, paid locally

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Cancun/Riviera Maya

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All-Inclusive • Junior suite
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$969
+Taxes & other fees (including service charges): $295

Gran Bahia Principe Coba • 5★

All-Inclusive • Junior suite
Nov. 4 • 1 wk.

$1009
+Taxes & other fees (including service charges): $295

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★

All-Inclusive • Standard rm.
Sept. 2 & 4–25 • 1 wk.

$799
+Taxes & other fees (including service charges): $286
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★

All-Inclusive
Junior suite
Sept. 2 & 4–25 • 1 wk.

PRIVILEGES
$849
+Taxes & other fees (including service charges): $286
Please add $50 for Sat. & Sun. departures

ANTIGUA

Jolly Beach Resort & Spa • 3 1/2★

All-Inclusive
Standard oceanview rm.
Sept. 4, 11 & 18 • 1 wk.

$1049
+Taxes & other fees (including service charges): $243

SAINT LUCIA

Coconut Bay Beach Resort & Spa • 4★

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Deluxe garden view rm.
Sept. 4, 11 & 18 • 1 wk.

$1139
+Taxes & other fees (including service charges): $232

USA

SAN FRANSICO

Hotel Whitcomb • 3★

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MSRP

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Purchase Price

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HWY: 6.3L/100KM (45 MPG) CITY: 7.7L/100KM (37 MPG) | BLUETOOTH CONNECTIVITY° | HEATED FRONT SEATS

Sale Price From **$17,779†**

Purchase Price

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